# MGW

MOM GUESS WHAT NEWSMAGAZINE

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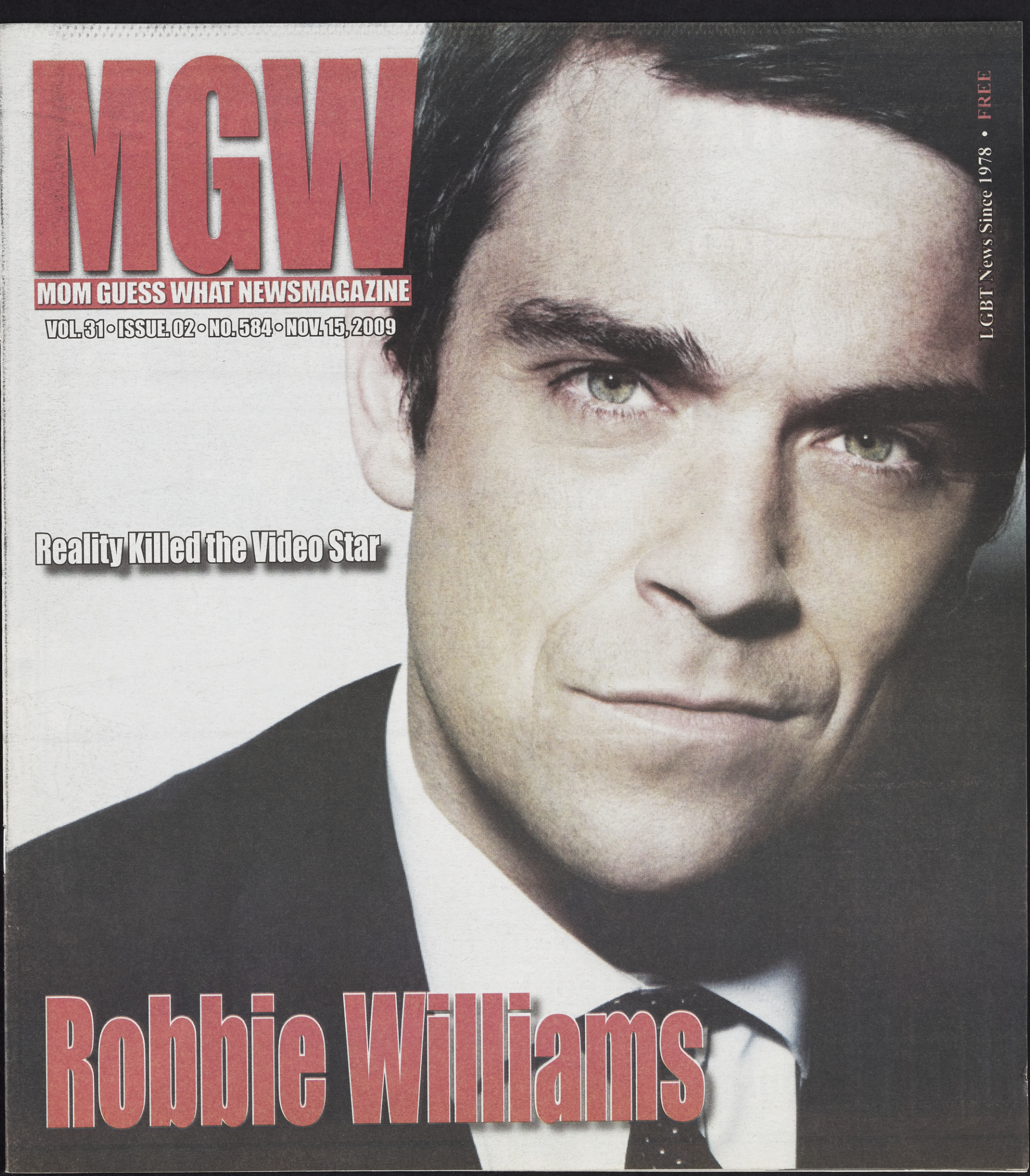
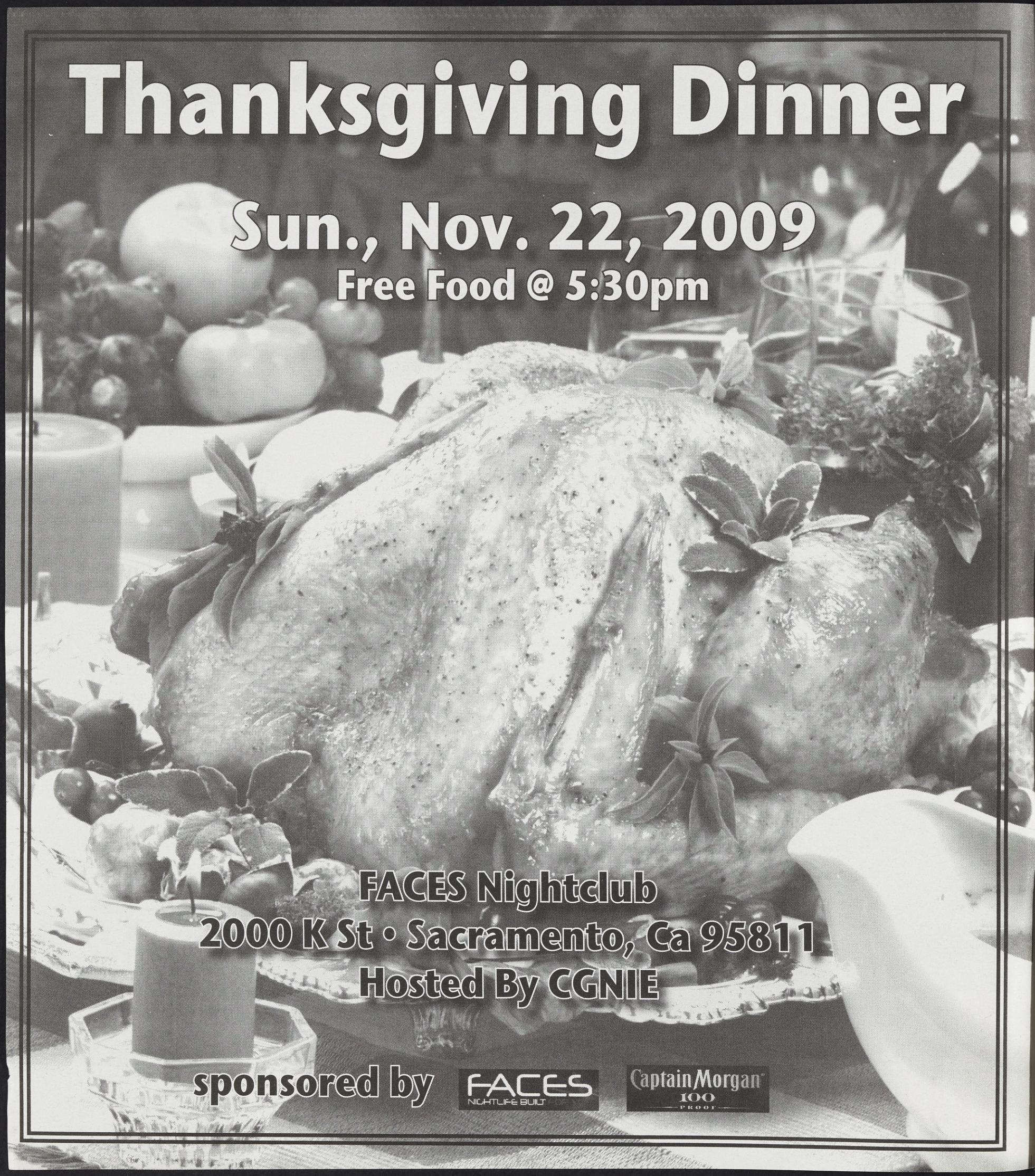
LGBT News Since 1978 • FREE

## Reality Killed the Video Star



# Robbie Williams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## CORRECTION

An advertisement that appeared in the Oct. 15, 2009 issue of MGW Newsmagazine regarding Sacramento area HIV/AIDS agencies was printed in error. The advertisement was created during a discussion of options by a group of smaller HIV/AIDS service agencies in how to effectively address serious issues in the community.

These agencies decided to pursue more direct communication in the hope of working together to effectively create the changes they sought through cooperative discussions and intended to pull the advertisement. However due to miscommunication during the final production of the Oct. 15, 2009 issue, the advertisement was inadvertently published.

The agencies involved and MGW regret this error and any negative feelings it may have caused the community which all parties work diligently to better."

## LOTS OF LAUGHS AND EXCITEMENT EXPECTED AT OSCAR NIGHT SACRAMENTO

BY JAMESON MITCHELL

Mark your calendars and book the date. Oscar Night Sacramento this year promises to be a hoot. Actor Alec Baldwin and Comedian Steve Martin team up on March 7, 2010 to host the 83rd annual Academy Awards.

Alec Baldwin and Steve Martin have long time been familiar faces on Saturday Night Live (SNL). Now, they'll be channeling that humor and quick wit into this year's Oscar gala.

Once again, Capital City AIDS Fund (CCAF) has been selected to put on an officially sanctioned academy event. CCAF is one of a handful of nonprofit organizations chosen to put on an Oscar viewing party.

CCAF's Oscar Night Sacramento offers attendees an incredible viewing experience.

The program will be projected live on several large screens with a booming sound system.

A silent auction complements the night. The glitzy gala's silent auction includes items such as a Toyota Prius. That's right. A new car! This year's event promises to be the biggest and best in CCAF's history - and the funniest, too.

However, let's not forget that this glamorous event has a meaningful cause behind it. Proceeds from ticket and table sales and the silent auction support HIV/AIDS nonprofit agencies in the Sacramento region.

"The situation for non-profit organizations is really tough right now." said CCAF President Stuart Eldridge "Funding is drying up, making events like this even more important." Eldridge continued "We hope that you will come out and support the community."

Recipients of this year's Oscar Night Sacramento include Breaking Barriers, Harm Reduction Services, CARES, Golden Rule Services, Sunburst Projects, CCAF's Prevention and Education Fund, and CCAF's Helen Veress-Mitchell Scholarship Fund.

For more information on the event or to purchase tickets for it, visit the CCAF website at www.capcityaidsfund.org or call the CCAF office at (916) 448-1110.

## U.S. CENSUS BUREAU CONVENING

The US Census Bureau will cohost a convening of the Sacramento LGBT Complete Count Committee at 6pm, Thurs., Nov. 19 at CARES, 1500 21st St., Sacramento in the second floor meeting room.

The Census Bureau has partnered with Equality California, Sacramento Valley LGBT Leadership Coalition, PFLAG, the Rainbow Chamber of Commerce Sacramento, CARES and the Sacramento Gay and Lesbian Center for this event.

The committee will be empowered to help reach every member of the lesbian, gay, bisexual and transgender communities with this message: The 2010 Census is easy, it's safe and it's important.. Participants will include leaders of Sacramento and the central valley including community-based, faith-based and business organizations that serve the LGBT residents of this region.

Speakers will include Gary Gates, Distinguished Scholar with the Williams Institute at UCLA and a leading expert on LGBT demographics and Lynn Sorgenfrei, Assistant Regional Census Manager from the Seattle Regional Census Office.

In response to the changes in our society, the Census Bureau has expanded its outreach to include the LGBT communities for the 2010 Census. This convening will be the genesis of a Complete Count Committee that will help inform and motivate the LGBT community to participate fully in the 2010 Census.

Please forward this announcement to other interested individuals and organizations. For more information, please contact Raymond.C.Mueller@census.gov.

## CGNIE HOSTS IMPERIAL TREE HUNT

On Sunday Nov. 29: at Headhunters 11 a.m. Brunch and Billy's Farm in Wilton 1 p.m. the Imperial Court invites the community to join them for a Breakfast at Headhunters at 11am and then a carpool to Billy's Farm in Wilton to purchase your Holiday Tree. Proceeds will be gifted back to the community off of every purchase of a tree. Includes a hay ride, gift shop and hot beverages for all ages.

## FRIENDS WITH BENEFITS

BY LANCE WILLIAMS

Recently I went through a type of breakup with someone ... We hadn't officially entered into a "relationship," but when we stopped seeing each other romantically, it still felt like a breakup to me. As soon as we had "the talk" about not dating anymore, he asked me if I still wanted to be a part of his life. I thought seriously about it for a few seconds, and my answer was "Yes." And then I did something I've never actually done before in my life. I suggested to him that we become friends with benefits.

I never before had seen the point behind this type of relationship... But here it seemed to fit perfectly. We both wanted to remain in each other's lives. I knew that we were both still physically attracted to each other. Neither one of us really had the desire to go and have sex with other people. Why not try it? In the past, I had always thought, "If two people are regularly having sex and are attracted to each other as friends too, doesn't that basically constitute a relationship anyway? Why not just call it that?" With us, it became clear that putting a label on things and becoming any more serious is not an option right now. As much as that truly sucks for one of us, there is no way around it. Forcing a relationship NEVER turns out well.

I started thinking about what would happen if he and I actually followed through with being FWB's. The more I thought about it, the more I decided that it would make me quite happy. I couldn't remember the last time I enjoyed a sexual connection so much with someone, and I really do think the world of him as a person. If we ended up spending a decent amount of time just hanging out, that would be great too. Expecting more than that was off-limits, but that was the case whether we were FWB's or not.

There are those that are reading this now and thinking "Isn't that just torturing yourself to have an 'almost relationship' with someone with whom you'd prefer to have a full-fledged relationship?" That's a very valid concern that seems difficult to resolve. However, the only part that would be painful would be what I wanted and could NOT have, and that doesn't change regardless of our sexual circumstances. It seems like having a mental and physical connection to someone would be more fulfilling than just having the mental one. The only thing more ideal would be having a mental, physical, and EMOTIONAL connection. But is an emotional connection likely to develop if there's already a strong mental and physical connection? Hmmm. Either way, I started thinking that two out of three ain't bad.

All of a sudden, it seems like I've found a purpose for the FWB type of relationship. I have never really tried it, so I may not be perfect at it. (Maybe he suspected that because he declined to be more than just friends for right now.) But I'm pretty damn good at most things I really want to do, so I remain confident about my ability to be a good FWB. I take pride in the way I handle my connections with others. That's not to claim perfection, but I certainly try.

I spend a lot of my time thinking about relationships and, in particular, my relationships with people — I like them to be as strong as possible. I know that I have a lot to offer, and it makes me feel fulfilled when I can give myself to others. I believe this is a big part of what defines me as a person. We all have things that define us as individuals, whether they be our career, our religion, our body, our mind, our emotions, our social life, our possessions, our dreams and desires, our talents, our family, our past ... our vices. But I don't know many people who don't feel that their relationships with others define some of who they are as a person. I think we owe it to ourselves and each other to evaluate what our relationships mean to us and never take them for granted. They can end so quickly ....

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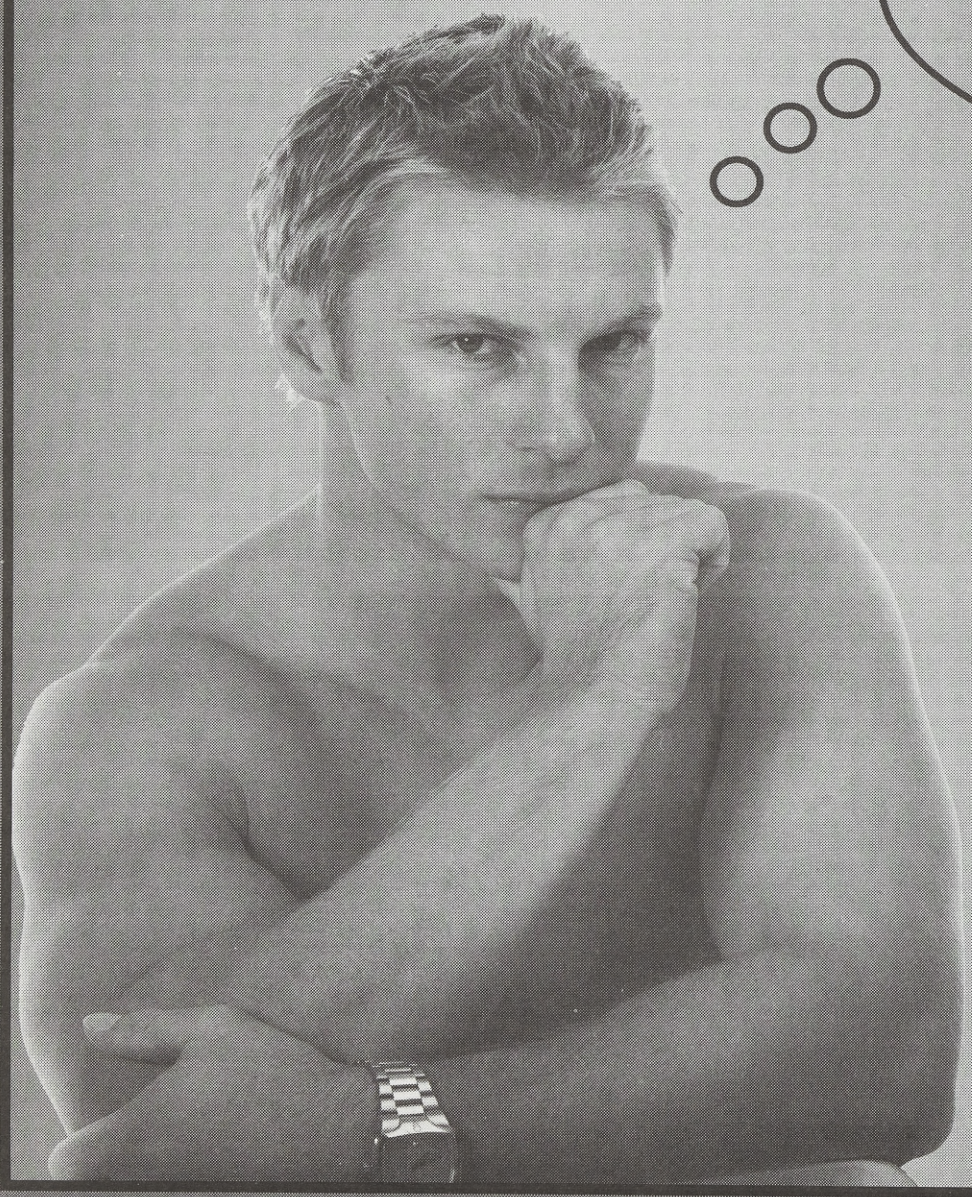
# Headhunters Sports Bar & Grill

**1931 K Street (Corner of 20th & K St.) • Sacramento • (916) 492-2922**

## Late Nights Have Returned!

*Now Open Until 3am Fridays & Saturdays*



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**The Quality & Quantity You Deserve**

1/3 lb Angus Burger W/Fries - $5.99

1/2 lb Angus Burger W/Fries - $6.99

# Headhunters Sports Bar & Grill

**1931 K Street (Corner of 20th & K St.) • Sacramento • (916) 492-2922**

# Check Out Our Late Night Menu

*Now Open Until 3am Fridays & Saturdays*

**Headhunters Signature Onion Ring**
Our house special recipe made with Sierra Nevada Pale Ale, sweet onions deep fried.
**$4.99**

**Chicken Strip Basket**
Golden brown chicken strips served with fries & dipping sauce.
$4.99

**Shrimp Basket**
Golden brown breaded shrimp served with fries & cocktail sauce.
$5.99

**Headhunters Spicy Hot Wings**
Signature spicy hot wings served with celery & carrots.
$5.99

**Headhunters Crispy Chicken Sandwich**
Breaded chicken filet deep fried golden brown served with fries.
$4.99 add cheese $1.00

**Headhunters 1/3 lb. Burger**
Premium Angus Chuck seasoned & grilled to order. Served with fries.
$5.99 add cheese or bacon for $1.00

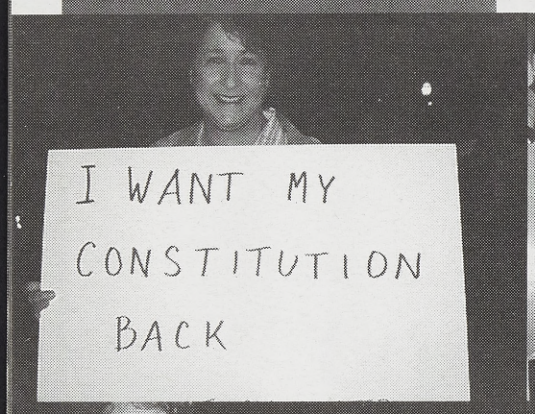
**Headhunters 1/2 lb. Burger**
Premium Angus Chuck seasoned & grilled to order. Served with fries.
$6.99 add cheese or bacon for $1.00

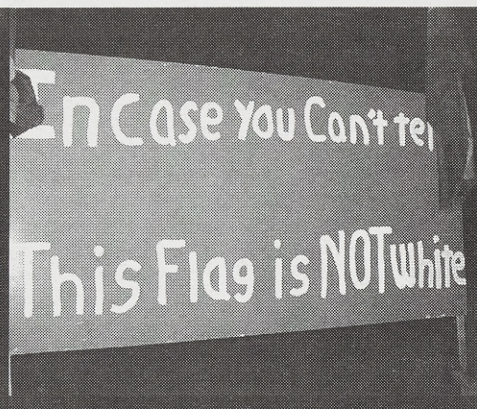
**Headhunters Signature Wrap**
Large flour tortilla filled with lettuce, tomatoes, cheese crispy bacon & golden chicken strips. Served with your choice of ranch or chipotle ranch.
$4.99

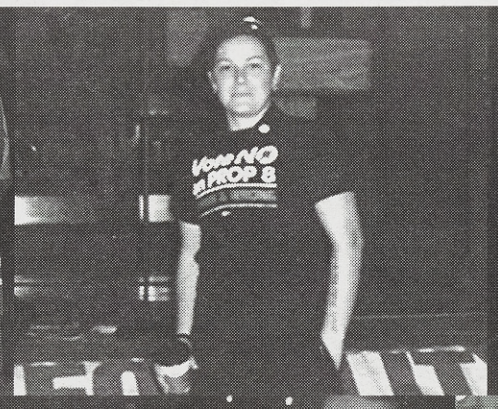
**Headhunters Chorizo Chicken Wrap**
Large flour tortilla filled with lettuce, tomatoes, cheese, spicy Mexican Chorizo & golden chicken strips with chipotle ranch.
$4.99

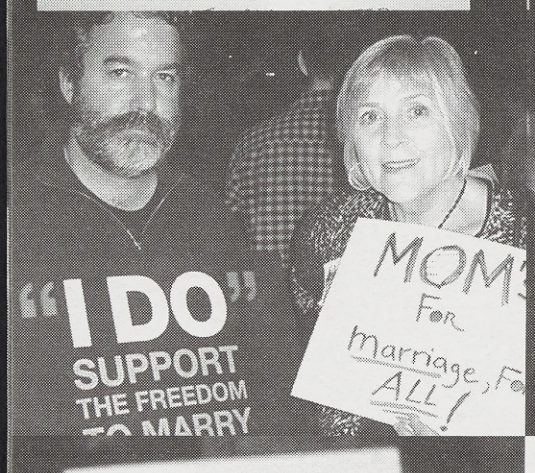
**Headhunters Breakfast Burrito**
Flour tortilla filled with eggs, potatoes, bacon & cheese.
$4.99

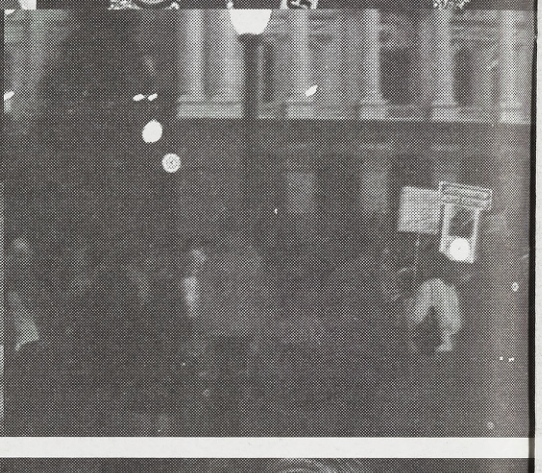
**Headhunters Chorizo Burrito**
Flour tortilla filled with eggs, potatoes, Mexican Chorizo, cheese & salsa.
$5.99

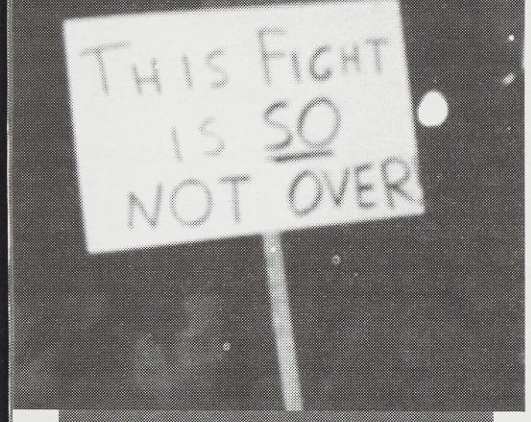


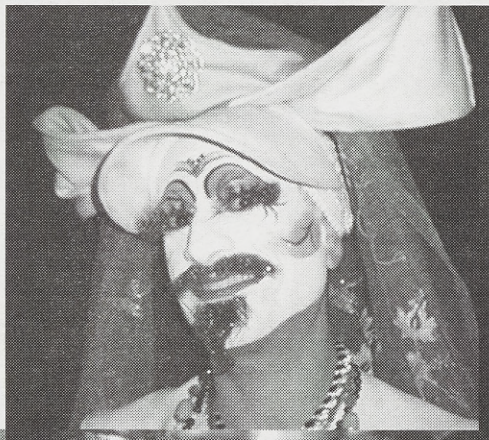



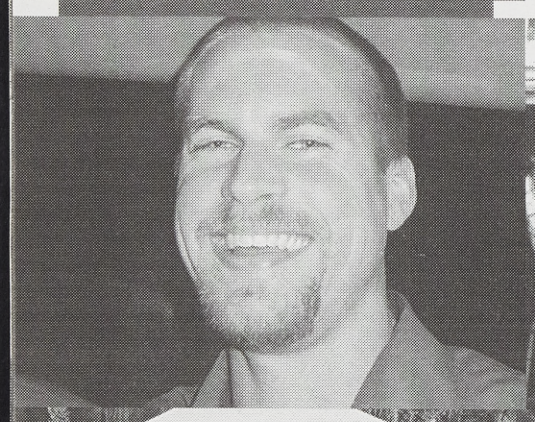


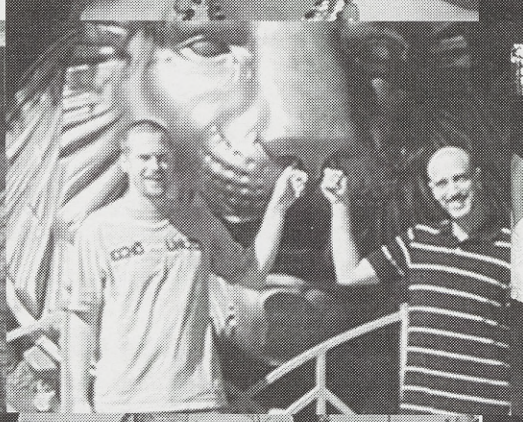




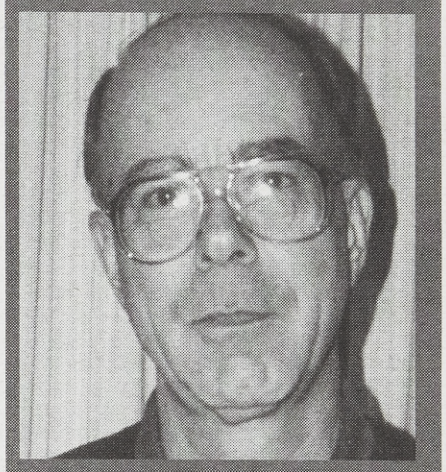

ABOVE: PROP. 8 ANNIVERSARY PROTEST; BELOW GIRLFEST IN LAS VEGAS. PHOTOS BY JENIFFER WERTZ







# Same Sex Marriage Supporters Lose In Maine



BY BOYCE HINMAN, CALIFORNIA COMMUNITIES UNITED INSTITUTE
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In a very disappointing loss for the LGBTI community, the voters of Maine appear to have voted to overturn a law passed by their state legislature which permits same sex couples to marry in the State of Maine.

According to the Bangor Daily News (a newspaper in the state of Maine), at the time of this writing, with 94 % of the precincts counted the voters in the state voted 291,000 to 259,741 to overturn the law allowing same sex marriage. In other words, 52.84 % of the voters opposed same sex marriage and 47.16 % supported it.

The Bangor Times reports that 58% of the registered voters voted in this election. A reporter at the newspaper said this is a very high turnout rate for an off year election. He also noted that the supporters of same sex marriage in Maine spent more per voter than the supporters of marriage equality did in the California Proposition 8 campaign. Still, marriage equality went down to defeat in Maine.

This loss is yet another loss in a string of defeats for the supporters of same sex marriage. It remains true that the only entities that have supported same sex marriage in this nation are state legislators and state Supreme Courts. According to some sources, same sex marriage has lost at the ballot box at least 16 times.

According the records we have been able to find voters have previously approved bans on same sex marriage in at least the following states:

Arizona, Arkansas, California (Twice), Florida, Georgia, Hawaii (voters gave the legislature the right to restrict marriage to opposite sex couples), Kentucky, Maine (in recent election), Michigan, Mississippi, Montana, North Dakota, Ohio, Oregon and Utah

The loss in Maine reinforces the view that we must prepare very carefully before we bring the issue of same sex marriage to the ballot box again in California. Clearly our community does not yet have a winning strategy on this issue. We should embark now on a strategy to change the views of the voters in our state. Only once we have clear evidence that the majority of California's voters support same sex marriage, should we go back to the ballot box. Going back to the voters too soon would waste precious, and limited, time and energy. That would make it even more difficult to mount a credible campaign in the future.

## FEDERAL GOVERNMENT OFFERS GRANT ON LGBT AGING

In what may be another example of the gay friendliness of the Obama administration, the US Department of Health And Human Services, Administration on Aging, is offering a grant to to fund a national resource center designed to provide national, state and local organizations, including those with a primary mission of serving LGBT individuals, with the information and technical assistance they need to effectively serve older gay, lesbian, bisexual and transgender individuals.

The Administration on Aging announcement says, the development of the Resource Center is the first step in laying the groundwork necessary to bring about culture change both within the main stream aging services network, as well as within the LGBT community. They hope that, through the efforts of the Resource Center, the capacity of both service networks will be enhanced to better meet the needs of older gay men, lesbians, and bisexual and transgender individuals. Towards this end, the Resource Center will have three primary objectives as listed below.

1.Educate mainstream aging services organizations about the existence and special needs of LGBT elders.

2. Sensitize LGBT organizations about the existence and special needs of older adults

3. Educate LGBT individuals about the importance of planning ahead for future long-term care needs.

The Administration on Aging will award a single Resource Center grant at approximately $250,000 per year, pending availability of funds. Eligible entities will include public-private nonprofit organizations with experience working on LGBT issues on a national level.

Interested organizations must submit a letter of intent to apply for the grant by December 4, 2009.

The deadline for submitting an actual application for the grant is January 6, 2010. Interested persons may get further details by directing their browser to the following Internet address:

www.aoa.gov/AoARoot/Grants/Funding/index.aspx

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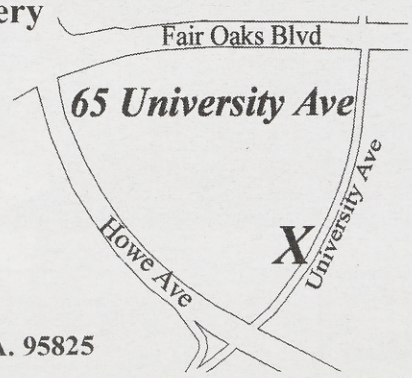


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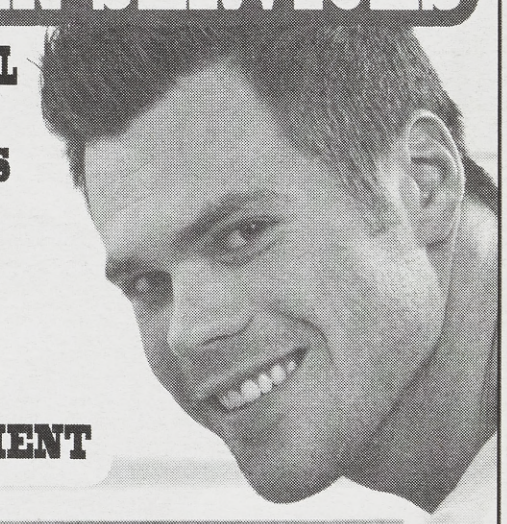

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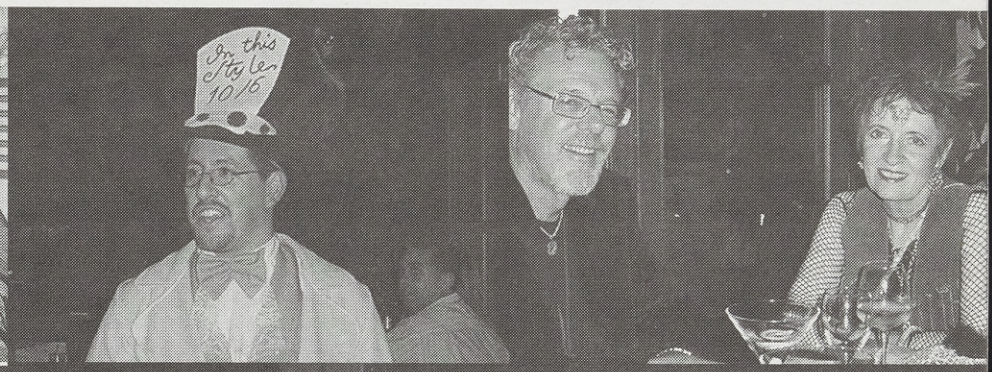
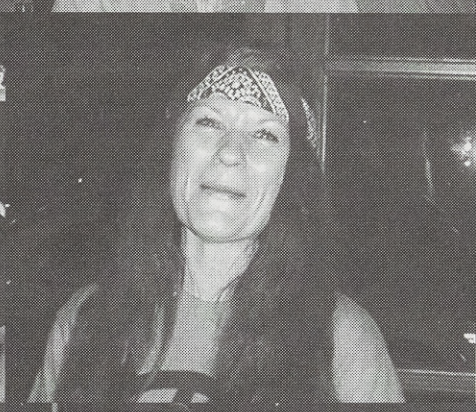
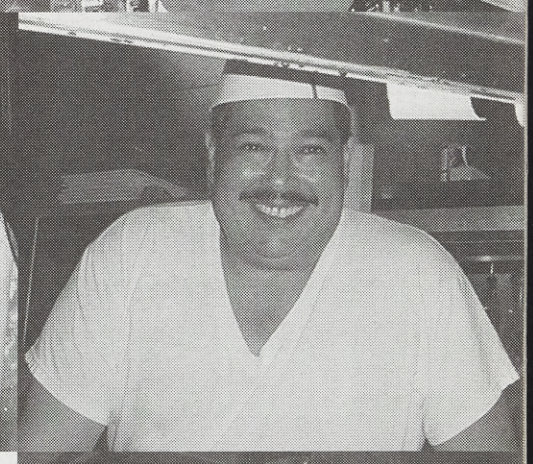
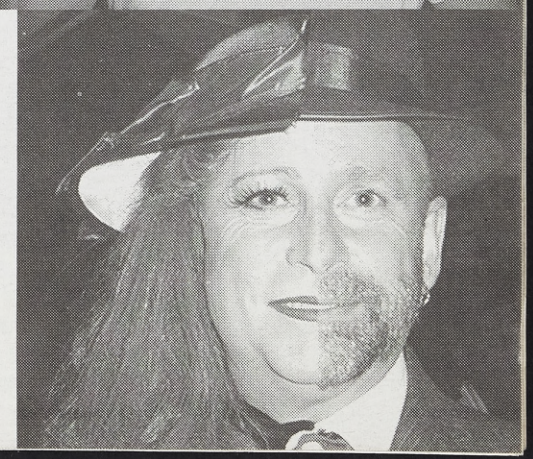






ABOVE: HALLOWEEN AROUND SACRAMENTO. PHOTOS BY JENIFFER WERTZ



# Library Equipment Gets Second Life At Lavender Library

LAVENDERLIBRARY.ORG

The Lavender Library, Archives, and Cultural Exchange exists to protect, preserve, and promote the LGBT experience and history in Sacramento by operating a lending library, as well as cultural, educational, and archival programs.

Under the direction of Michael Cook, Board Member and Volunteer Coordinator, the Lavender Library started a multi-phase redesign project nearly two years ago.

Almost nine months ago the Lavender Library's volunteers and staff completed phase one of a complete redesign of the Library's interior. After a generous second, in-kind donation from the Sacramento Public Library, the second phase is almost completed.

"Thanks go to the foresight of former Vice-president Kimber Johnson, who set up the initial contact that led the Lavender Library to become the recipient of over $5,000 in donated fixtures and furniture.

"Phases one and two of the redesign have more than doubled the library's shelf space. Thanks to the hard work of our volunteers, the installation of over 300 new shelves and fixtures is near completion," said Cook. Total cost of materials for both phases was less than $200.

Three weeks ago, Cook received the keys from Lois Casement Ross, Sacramento Public Library Authority, to access and retrieve fixtures and furniture from the Sacramento Valley High Branch Library.

The Valley High Branch had relocated and replaced its fixtures. Cook and new volunteer Mike Winn used two pickup trucks and plenty of muscle to remove all the donated fixtures within 24 hours.

Working on the installation with Cook were Bren Ahearn, David Ayotte, and Tyson Redhouse. Thanks to the many people who volunteered their time and energy in many different ways, to make this redesign a reality.

"I'm currently working on plans for the phase three redesign," added Cook, "which includes leather reading chairs, interior paint, a modern urban feel, and illuminated exterior signage. If you haven't been in lately, stop by and check out our fresh, open, functional space."

With the Library's great volunteers, staff and Board, Cook envisions phase three as becoming a reality in the near future.

"I hope many more people will volunteer and learn what a wonderful resource Sacramento has here in the Lavender Library, Archives and Cultural Exchange. I'd like to reach out to past volunteers and invite new volunteers," said Cook.

If you are interested, call Michael Cook, Volunteer Coordinator, today at 916-813-9009 and join in. You'll be glad you did.

The Lavender Library is located at 1414 21st Street (between N & O St's.) in Midtown Sacramento. Open Thursday and Friday 4:30 - 8:00pm, Saturday and Sunday noon – 6pm.

BY JENIFFER WERTZ

# What's Happening with the Real Estate Market?

I know I said I was going to write about the Las Vegas Girlfest adventure, but Girlfest was a bust. I had a great time with the band (RWCB) and the "To Wong Fu" road trip clan, but I think we may have been the only people that went to Vegas for the Girlfest event (besides the vendors that weren't selling anything). The organizers didn't seem to quite have it together. What can I say?

It's been a while since I wrote about the real estate market, so I decided I'd let you know what's been happening on that front instead.If you remember my last article about real estate, I went on a rant about the taxpayer insured FHA program being exploited. Well, what do you know?

On October 9, 2009 the New York Times came out with an article suggesting FHA may need a federal bailout. The reason why you ask? Because about 24% of the FHA insured loans from 2007, and about 20% from 2008 are possibly facing foreclosure. FHA has a billion dollars a day worth of loans going into default, or 7.7% of their portfolio.

The reason is because FHA stepped in to rescue and replace sub-prime lending when the lenders stopped refinancing and making sub-prime loans, but maybe FHA went too far and just created another mess by acting like the sub-prime lenders had in the first place. When will we get it?

The good news is that FHA has started to increase their concern with risk management. Hopefully it's not too late. As a real estate appraiser, most of my job is what the average home owner doesn't see.

They often seem to be under the impression that the appraisal is like a home inspection, but it isn't. A home inspector's function is to make sure all of the systems within a home are working. The appraiser comes out and measures the house, takes pictures, and looks at the overall condition and upgrades of the home, but assumes all systems are working unless something obvious is noticed.

Most of the appraisal work is actually done behind the scenes in the form of market research. The market conditions analysis plays a huge role in the final opinion of value the appraiser comes up with. We look at a wide variety of economic factors such as employment rates, interest rates and types of financing available, value trends, amount of available inventory, marketing times, foreclosure rates, etc.

Under current market conditions lenders are very concerned with the market analysis.Many areas of the Sacramento region have not seen declining values since the end of 2008.

While this sounds like great news, I'm not convinced we are out of the woods yet. Most of the available inventory has been foreclosure and short sale listings (properties being sold for less than what is owed to the bank in lieu of foreclosure), and these properties are being bought quickly in a competitive environment, mostly by investors paying cash, or with special financing like FHA insured or VA loans.

The real estate market has traditional seasonal trends though, and traditionally there are more buyers in the spring and summer than in the fall and winter. In addition, there are rumors that many banks are holding back foreclosure inventory and the market could once again be flooded with foreclosures, which has the potential to drive prices down even further.

If that weren't enough, interest rates have been kept so low, and tax incentives have been offered to buyers, there is concern that interest rates could skyrocket, and that the investor type buyers might disappear when the tax incentives do.

The key to successful investing is timing. It is difficult to say when it's the best time to buy because even industry "experts" can't predict the future with certainty. We can only look at all of the information available to us at the time and try to make the best decisions we can.

If you are considering buying a home you should consider that interest rates are currently at historical lows and may significantly increase in the future. When that will be we do not know at this point, but the increase in rates is believed to be looming.

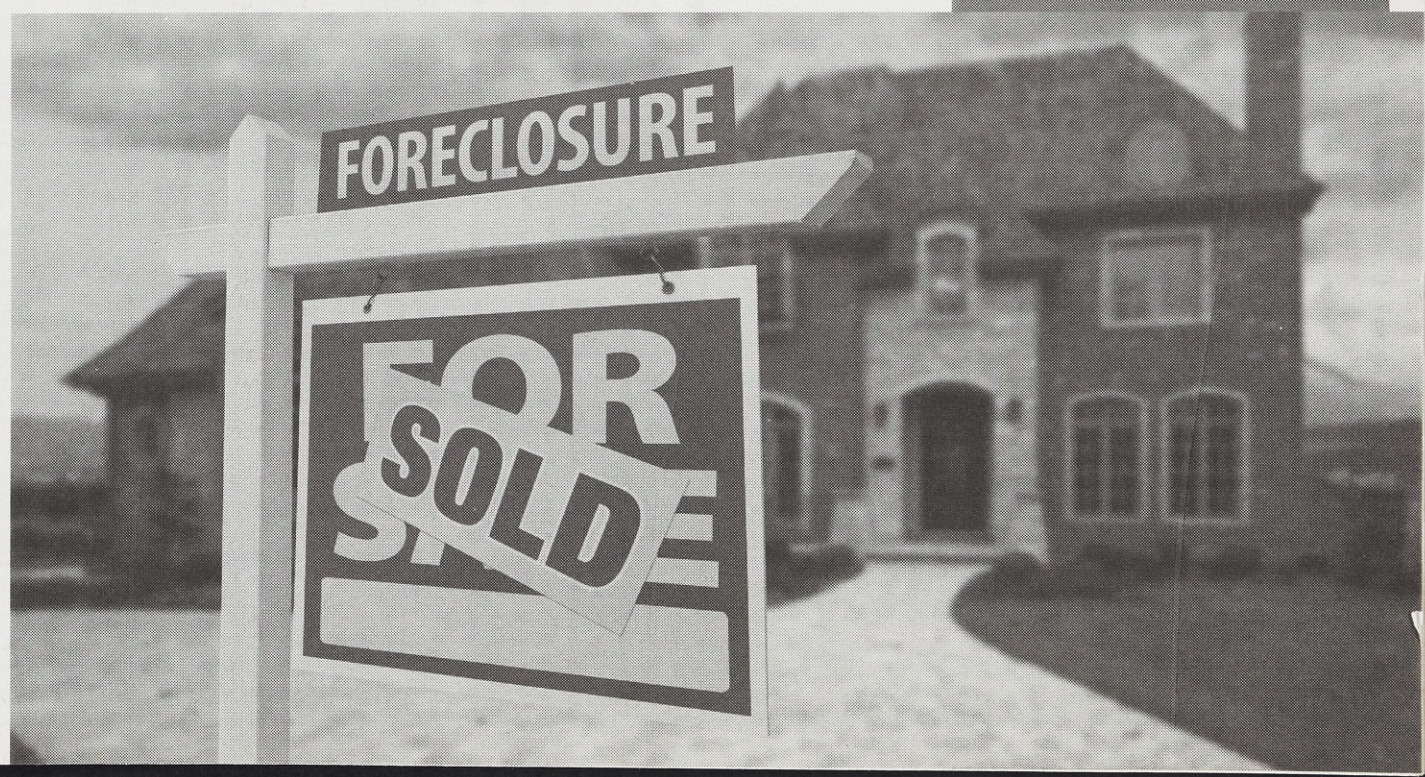
The rates right now are at about 5% - 6%, and if you'll remember back in the 80's we saw interest rates in the teens. Home prices have dropped very low compared to the market peak in about 2005/2006, but there is no guarantee they will not go lower. Here's the rub, if you wait too long for prices to go lower, the rate might increase and make the cost of buying a home higher despite the actual price of the home.

Then again, if you go out and buy a house, the price of your new home may go lower, and interest rates might stay low for a while longer, so later you might think that you could have done better. I'll leave you with one final thought though. A real estate investment is supposed to be a long term investment. I believe that was a big mostly unnoticed part of the problem we had during the boom.

Most of the buyers were younger people that saw a get rich quick scheme in progress all around them, and they jumped on the bandwagon.

Those that jumped at the wrong time got burned. Most older people (like my grandmother) bought their home a long time ago, saved their money for a down payment, bought what they could actually afford, and had no plans to sell. They didn't refinance or take cash out. They just paid their principle month in and month out, with a goal of eventually owning their home free and clear.

My grandmother isn't getting foreclosed. Maybe we need to start thinking more like this and less like the show "Flip this House".



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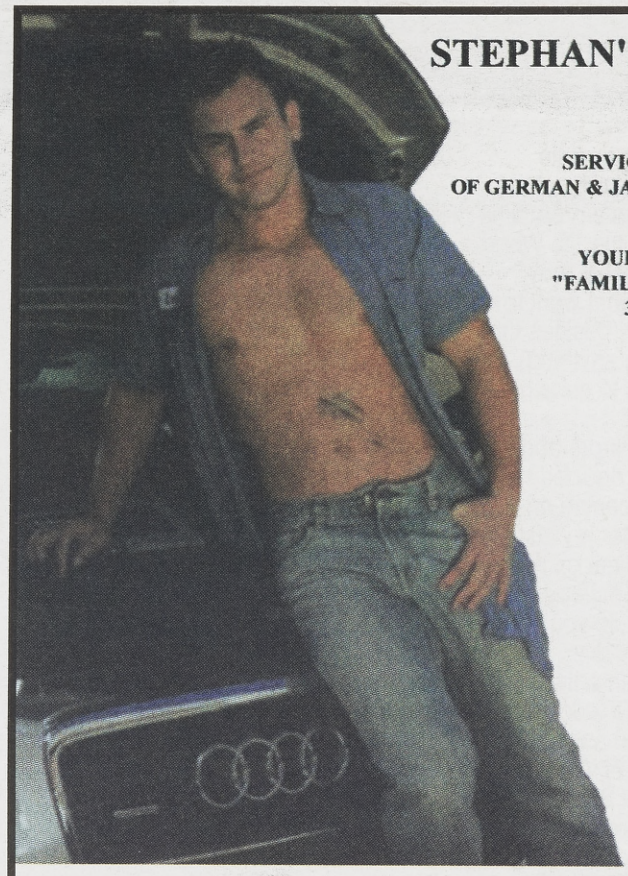

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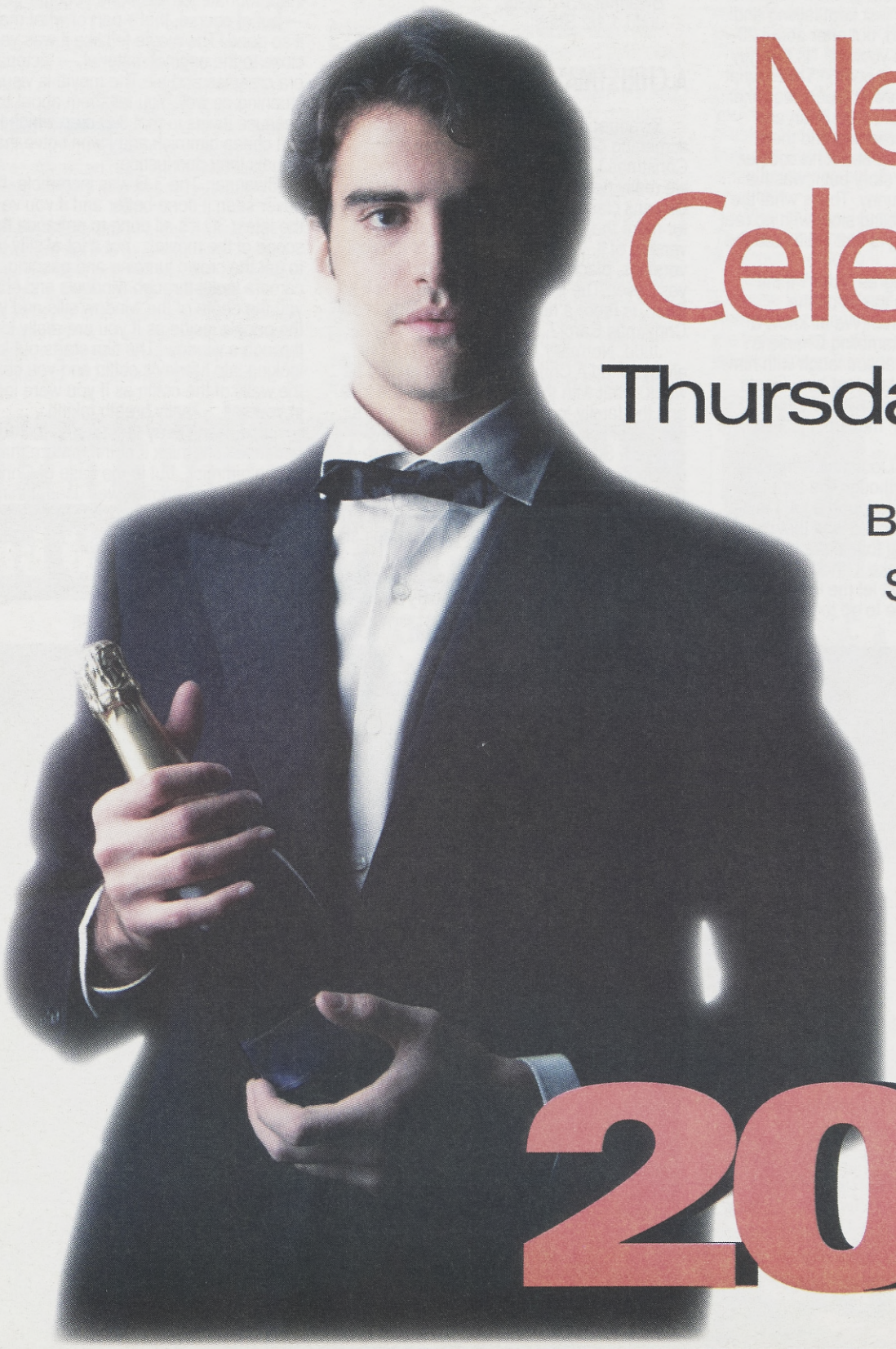


## New Years Celebration

### Thursday, Dec. 31st

Balloon Drop @ Midnight

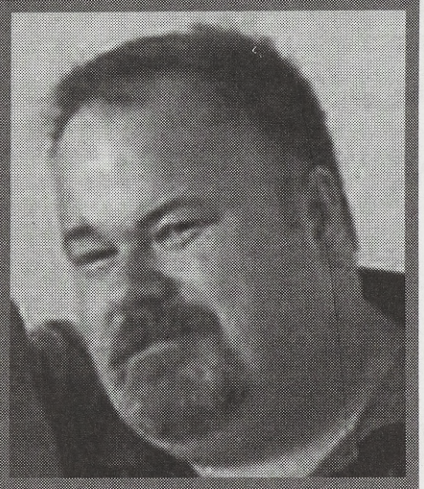
$1000 In Cash & Prizes

Buffett

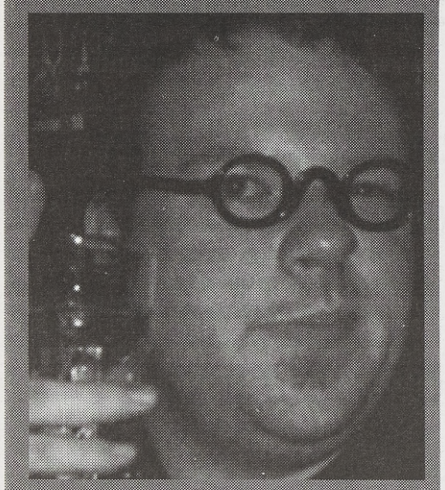
Hot Go Go Dancers

Be Here When The Ball Drops

# 2010



TOM SWANNER HAS BEEN A FILM REVIEWER FOR 11+ YEARS. HE LIVES IN SACRAMENTO WITH HIS 26-YEAR-OLD BOYFRIEND SEAN AND THEIR GROSSLY OBESE DAUGHTER (READ DOG) "HONEY".



BRIAN JUDD HAS BEEN A FILM REVIEWER FOR 7 YEARS. HE LIVES IN THE BURBS WHERE HE FRIGHTENS HIS NEIGHBORS AND A PORTRAIT OF ANITA BRYANT HANGS OVER HIS BED SO HE CAN POINT AT HER AND LAUGH DAILY. HE IS ALONE AND BITTER AND LIKES IT THAT WAY.

**Swanner & Judd**

SWANNERANDJUDD.COM

## MEN WHO STARE AT GOATS

Swanner: A reporter, bored with his life, goes to the Middle East in search of the BIG story only to meet up with a man who claims he's part of a secret psychic army the military has been training since the 80's. George Clooney stars as Lyn Cassady, the most promising psychic soldier.

Judd: Have you ever heard a story that was full of funny details, but the person telling to story didn't seem to know what the story was about? They just kept talking and talking and you laughed, but after about 20 minutes you thought to yourself, "Is this guy every going to come to a point?" That's what watching Men Who Stare At Goats was like.

Swanner: A few weeks ago Brian and I were at the Amelia screening and there was an older man talking about his rooster. It wasn't really a funny story but it was his rambling that made it funny. That's what the movie was like...a rambling story with no real storyline. The odd thing is that I still liked the movie.

Judd: I have to disagree. I don't think Goats is funny enough to pull off the Rambling Charlie routine. (We all know a Rambling Charlie). A Rambling Charlie is either funny enough that you laugh with him or so random that you laugh at him. Goats was silly, but not really funny and there weren't that many WTF moments to keep me completely interested.

Swanner: The way I look at it is that the cast is good and even though the script is all over the place I still laughed a lot. I think the thing I liked best about it was that it was so short. If you're going to make a movie that is this odd then make it short. Leave me wanting more or just let me leave. I don't know that I'd tell people to go to the theatre to see it. I think sitting at home and dropping some acid would probably be the way to go with this one.

Judd: I was expecting more from such a great cast. Kevin Spacey, George Clooney, Ewan McGregor and Stephen Root should have made Goats a masterpiece, but the script was so meandering and pointless the movie stood still for the first hour of it's total 87 minute length. If I were to tell someone to rent it I would tell them not to expect much.

Swanner 2 1/2 Stars
Judd 1 1/2 Stars

## A CHRISTMAS CAROL

Swanner: Last night we went to the screening of Disney's new 3-D movie A Christmas Carol. My first question is do we really need a yet another version of the Dickens classic. Every TV series that's on for more than a couple years has their own version of it. We've had a couple of musical versions, black and white, animated and yes...even The Muppets took a swing at it so Brian, is there a need for another version of A Christmas Carol?

Judd: Normally I would say no, but I've always liked A Christmas Carol. It ends a bit weak, what with the celebrating and the love and the family togetherness crap — but it's got a real solid beginning that I've always enjoyed. So I'll answer your question with a question, "Why not?" Especially when this Christmas Carol, starring Jim Carry (which in this case is not a liability) directed by Robert Zemekis, is probably the best and creepiest Christmas Carol I've seen.

Swanner: The whole Ghost of Christmas Future has always been a bet scary but in this version it was frightening. I remember thinking that it might be too scary for younger kids but you'd tell me younger kids are killing zombies on their PS3's so a grim reaper is nothing new to them. It was nice to see Scrooge in real terror though. In past incarnations I'm surprised the ghosts haven't just beat the crap out of Scrooge because he's such an A-hole!

Judd: I told several of my co-workers with young'uns that this version is very heavy on the scares. I think the movie is probably inappropriate for someone younger than five — but of course, that's part of what makes it so good. The movie felt like it was very close to the original material — Victorian era creepies and all. The movie is visually stunning as well. You tell them about that, because it was in that 3-D crap which I think is a cheap gimmick and I won't give the visuals their due justice.

Swanner: The 3-D was incredible. I've never seen it done better and if you've seen the latest 3D it's all done to enhance the scope of the movie ... not a lot of silly tricks to get the crowd jumping and gasping. The camera looks through windows and shows you the depth of the window sills and you see the people inside as if you are really looking through a window. The film starts out looking looking into Marley's coffin and you could feel the walls of the coffin as if you were looking in yourself ... really breath taking.

Judd: I won't say the 3D was incredible, because I still think it nothing more than a cheap gimmick, but in the case of Christmas Carol it was a gimmick well used. I think it's going to look really good in IMAX theaters.

Swanner 3 Stars
Judd 3 1/2 Stars

## LOW-FAT THANKSGIVING!

The holidays can play havoc on our waistlines. Yet many of the traditional foods served during Thanksgiving are perfectly healthful. It's what we do to them that loads them up with extra calories and fat. If the thought "Thanksgiving is just around the corner" leaves you apprehensive about eating too much fat-laden food, here are a few tips to help you enjoy some basic foods at the center of the Thanksgiving celebration without expanding your waistline:

Appetizers don't need to be full of fat and calories to be tasty. Have plenty of fresh vegetables on hand. Use low-fat or fat-free sour cream and yogurt for dips. Delicious low-fat dips can include spinach dip or mango black bean salsa. Serve homemade baked pita chips or tortilla chips as a tasty alternative. Assorted nuts and dried fruits make great snacks and add variety and flavor.

Turkey has little fat, is full of protein, and is an important source of B vitamins. Turkey breast is your best bet, but be sure to remove the skin first. A three-ounce serving of skinless turkey breast has about 120 calories and one gram of fat. If you choose to eat dark meat instead, a three-ounce skinless serving delivers around 160 calories and six grams of fat (two grams of which are saturated).

Cranberries are a great source of vitamin C and contain compounds that are believed to block certain bacteria that cause infections. Add oranges to make cranberry orange sauce and you add even more vitamin C, or add apples to make cranberry apple sauce.

Sweet potatoes are a rich source of beta carotene, vitamin C, vitamin E, potassium, and fiber. Leave out the butter and excess sugar. Use orange juice and a sprinkling of brown sugar for flavor instead. Limit your portion size to no more than half a cup.

Regular potatoes are also an excellent source of vitamins and minerals. Lose the butter and heavy cream in mashed potatoes, and use reduced sodium, fat-free chicken broth or fat-free milk and sour cream instead. Flavor with garlic, fresh herbs, and ground black pepper. Keep your portion size small.

Gravy and stuffing are notorious sources of fat and calories. Make a lower-fat gravy by straining the fat from the drippings (a fat separator makes the job easier), and using cornstarch or a sprinkling of flour as thickening agents rather than a butter and flour roux. Add extra flavor to your gravy by using herbs and wine. You can make a low-fat stuffing by omitting butter, using fat-free broth and, perhaps, lean turkey or chicken sausage instead of pork sausage. Omit sausage altogether if you like and use meaty mushrooms and extra vegetables instead.

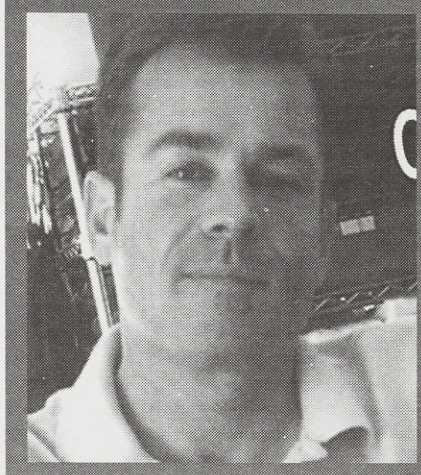
Vegetables should be steamed or roasted rather than slathered in butter or cheesy sauces. Skip the fried onions rings on top of the green beans (add toasted almonds or walnuts instead), and use vinaigrette dressing or herbs for flavor. Make sweet glazed acorn squash rings, sautéed green beans, roasted carrots and parsnips, or cider-glazed brussel sprouts.

Pumpkin is a terrific source of beta carotene and fiber. Enjoy a lighter-crust pumpkin pie by using phyllo dough. Use egg whites, or egg substitute, and fat-free evaporated milk in the filling. Great low-fat Thanksgiving recipes can be found on-line.

Remember, don't starve yourself beforehand. You will likely eat (feast) more if you're super-hungry. That means don't skip breakfast; do fill up with whole-grain crackers, fruit, and raw vegetables if hunger pangs strike before the big meal, and do drink plenty of water.

When the time comes to sit down to your Thanksgiving meal, you will be ready to enjoy it without overdoing it.

"Scheduling and Following a Consistent Exercise Routine!" was last issue's topic. Remember today's tip, clip it out, save it on the fridge, and make sure to read the next issue's Fitness Happens topic.



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# ADVICE OF THE WEEK: CELEBRATE YOUR VICTORIES.

My roommate has a habit of saving the small balls of fur he brushes off my cat. He tends to leave it in small piles behind the couch where I don't find them until I lose something and go looking for it. It's a little upsetting when you look behind your couch and find a small colony of Tribbles staring back at you and holding the remote control hostage. When I asked him why he did this, he told me that he was planning on making a new cat. It should be noted that my roommate is extremely handy, and that he might just be able to do it.

162 pounds, according to the Center for Disease Control's body mass index statistics, is the ideal weight for a 6'1" man. It's also the amount of weight I've lost since my gastric bypass surgery as I celebrate my one year anniversary this week. Going by my roommate's habit of saving my cat's fur, I can't help but think that somewhere in my apartment he's actually managed to save all the fat I've lost and that's he's systematically building a new man out of it. I fully expect to come home one day and find a 6'1", perfectly proportioned man made entirely of human lard on the roof of my apartment building surrounded by aerobics instructors armed with torches, pitchforks and, most likely, various types of nautilus equipment. "Feel the burn!" they'll scream at my roommate's hapless creation as it swipes at the air frantically screaming "Grar! Exercise BAD!"

Being my own fat it would most likely share most of my attitudes.

A year ago I had a large dinner party that, to my friends' horror, I called My Last Supper. It was supposed to mark the end of one life and the beginning of another. To send me off, my friends all brought the most decadent, sinful dishes that I would never eat again – steaks as thick as your torso, pastas in rich cream sauces, sugary desserts, twice baked potatoes stuffed with cheese and sin. By the end of that meal everyone was seriously considering getting the surgery. Later this month to mark the end of the "honeymoon" period I'll be having a Don's First Supper night. The honeymoon period is what people call the 1 year after gastric bypass, when it's easiest to lose weight, when your willpower is at its strongest, and when you get the best results. As the honeymoon ends, you have to work harder to make the right choices and hope that all the changes you've made in your habits over the past year will be enough.

But the day itself, the "surgiversary", that was just for me to consider what had changed in my life. I began that day I do every morning: putting on my pants, one leg at a time. My size 44 waist pants, down from size 62 a year ago. This follows the underwear, of course. There's a separate ritual for the underwear. A year ago I was wearing 5X underwear. Today, I wear XL. This leads to a period of mediation each morning where I stare at my underwear, wondering if they look smaller than yesterday, thinking that I could never possibly fit into these tiny things again. Yet each morning they fit, blowing my mind all over again. I imagine it must be like someone with Alzheimer's who won the lottery getting to discover they're a multi-millionaire every day.

From that point on the changes are too many to keep track of. The tiny breakfast that stuffs you to the gills. The gaping divide between your crotch and the steering wheel that once seemed to be dead set on smashing it into jelly. The cute guy at the lunch counter who keeps smiling at you and touching your shoulder every chance he gets. The chair at work that now seems hard as concrete on your smaller butt. The 45 minutes on the treadmill now's only an annoyance, no longer a tool of the Spanish Inquisition ("Admit that you're fat and we'll let you die!" "Never!" "Then ten more minutes!" "Ten? I CONFESS!").

The way people meet your eye on the sidewalk. The way you can order your lunch without people staring at you, or watching what you have on your plate.

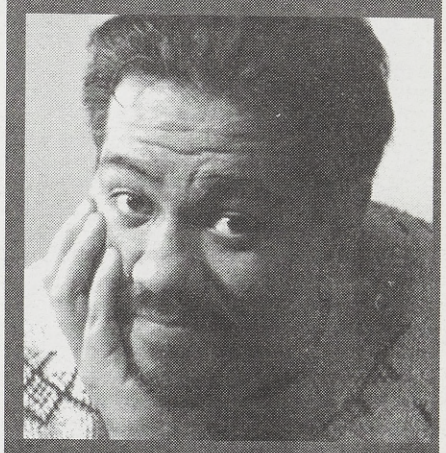
The easy sound of your breathing as you walk in the world. The joy of life, the confidence in tomorrow.

The pride.

I caught sight of my reflection in a window that day and had to pause to look at myself. A year before, I hated mirrors, but today my reflection was making me realize something, and it took everything I had not to cry in the middle of the morning commute. In that minute, I realized, at that very moment, I was in the best physical and mental shape of my lifetime. I was the best I had ever been.

I don't know what comes tomorrow. Who does? I don't know if I'll reach my goals. I don't know if I'll fall, regain the weight and find myself back where I started. The biggest fear of anyone in my position is that we'll be another chapter in Flowers for Algernon, that we'll just have a taste of what life can truly be before it slips away forever. That fear, every day, hangs over our head, smiling patiently and waiting for its moment.

But those fears are for another day. Its moment is not now. Today I am the best that I have ever been and I will celebrate it.



HUMORIST AND SATIRIST DONALD E. MARSHALL IS A 35-YEAR-OLD GAY MAN LIVING IN HOLLYWOOD, CA WHO RECENTLY MADE SOME CHANGES IN HIS LIFE. OVER THE PAST YEAR, HE'S LOST 180 POUNDS BETWEEN DIETING, EXERCISE AND GASTRIC BYPASS SURGERY. HIS LIFE IS CHANGING QUICKLY, AS IS THE WORLD HE LIVES IN. THE LOCAL ALL YOU CAN EAT CHINESE BUFFET HAS GONE OUT OF BUSINESS. TRAINERS AT THE GYM NO LONGER HIDE UNDER THE DESK WHEN HE WALKS BY AND HE'S EXPLORING THE WHOLE NEW WORLD OF FASHION, DESPITE THE PROTESTS OF LOCAL SALESGIRLS. BEST OF ALL, HE'S LOVING LIFE IN A WAY HE HASN'T IN YEARS! SHRINKINGFATMAN@GMAIL.COM

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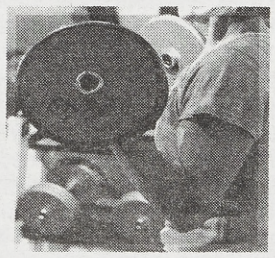

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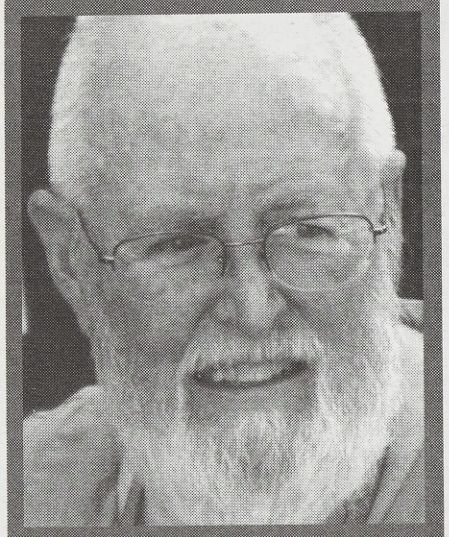


JERRY SLOAN AT AGE 72 IS AN OUT PROUD GAY MAN AND HAS BEEN FOR 48 YEARS, HE SUCCESSFULLY SUED THE LATE REV. JERRY FALWELL AND THE PROCEEDS HELPED FOUND THE LAMBDA COMMUNITY CENTER (1986), HE IS ALSO COFOUNDER OF THE ANNUAL LAMBDA FREEDOM FAIR (1984) AND A FORMER MCC CLERGY WHO IS NOW A HAPPY ATHEIST. MRLAMBDA1937@GMAIL.COM

SOLILOQUY: TALKING WHEN ALONE (TO ONE'S SELF AND NOT BEING CRAZY, LOL): THE ACT OF SPEAKING WHILE ALONE, ESPECIALLY WHEN USED AS A NEWSPAPER COLUMN THAT ALLOWS THE WRITER'S IDEAS TO BE CONVEYED TO THE READER

PHOTOS BY JERRY SLOAN: ABOVE RIGHT: KEITH JOHNSON, MARGHE COVINO AND BILL OTTEN TALKING; LOVER RIGHT: MARIO GUERRERO AND HANS JOHNSON CONSULTING BEFORE AWARDS CEREMONY; UPPER FAR RIGHT: KATHY KNEER TALKING WITH A GROUP OF WOMEN AFTER THE AWARDS CEREMONY

The Nov. 3 elections have come and gone and all the pundits both gay and non-gay have said their two cents worth so I might as well put in my three cents worth. After all what is a soliloquy for?

The election results were certainly mixed with two great wins one in Washington State where the voters by a narrow margin upheld the state's upgraded domestic partner's law and in Kalamazoo, MI., where the voters by a 3-2 vote upheld the city's anti-discrimination ordinance.

There were many LGBT people elected to various offices. The LGBT Victory Fund reports 49 of 79 of the candidates the VC endorsed won their election and 6 are in run off elections. One of the run offs is Huston mayoral candidate, Anise Parker who at this time looks as though she will be Houston's next mayor.

Others around the country to win include Charlie Pugh, the first open LGBT member of the Detroit City Council and as the vote leader will become president of the council, Steve Kornell, the first open LGBT member of the St. Petersburg, FL., City Council, Sandra Kurt, the first open LGBT member of the Akron, OH., City Council, Mark Kleinschmidt, mayor of Chapel Hill, N.C.

Perhaps the most notable win is the election of Stan Penfold, Executive Director of the Utah AIDS Foundation, to the Salt Lake, UT, City Council marks the first time a LGBT person has held that position in the city the Mormons built. The Mormon hierarchy can not be pleased with the election of such a sinner to oversee the running of that city's business.

Wouldn't it be nice to have an open LGBT person on the Sacramento City Council?

Of course the big election disappointment was Maine where the voting majority overturned the same sex marriage law enacted by the state legislature and signed by the governor.

From my observation there is little to fault in the No on 1 campaign in Maine. It seems to have been well organized and straight forward showing LGBT people and their families in the TV ads. The ads started running early but the Yes on 1 people used the theme they used here in California for Prop 8 that the public education system was going to start telling kindergarten children all about queer birds and bees thus destining the little darlings to a life of accepting homosexuality as natural and normal.

The only thing I found disappointing in the No campaign was they used yard signs very similar to Prop 8 yard signs which were those horrible dark green with the yellow check mark. Yard signs should be bright signs like the yellow signs used by the pro-Prop 8 campaign. I haven't heard if the NO people in Maine were charging $10 for a yard sign like the No on 8 did here. I have read reports of massive numbers the bright yellow Yes signs but too few No yard signs in cities all over Maine.

The striking difference between Maine and Washington State seems to be the electorate is willing to grant all the privileges of marriage to LGBT people, just don't call it marriage.

I have never been too much in favor of incremental way of doing things I generally believe we need to be bold and press for the whole enchilada but maybe with marriage we need to change our strategy. Just maybe we need to press for all marriages to be civil unions and the civil unions are done simply by signing a document at the office of the county recorder.

We need to refrain from having clergy of any faith acting as an agent of the state when it comes to marriage. After a couple signs in at the recorder's office if they choose to have some kind of religious blessing to their civil union they can go to the clergy of their choice for that blessing.

Maybe we need to start working on getting civil unions instituted in all states and then have those contracts be interchangeable among the states as marriage now is.

We have spent much too much time on the marriage issue. We have lost THIRTY ONE times (twice in California) same sex marriage has been put on the ballot. We say we are intelligent people. Losing 31 times should tell us we are not getting our message out and need to regroup instead of reinventing the wheel which always goes flat.

Sadly, for the most part, the only people interested in the marriage issue are the couples who are affected by what they can gain from being legally married. It is true some young people have been shocked to learn rights can be taken away by a vote or a court ruling and have gotten involved and seem to be gung ho to put a repeal of Prop 8 on the 2010 ballot which as I say would be a terrible mistake and at this time would only rack up number 32 for the religious bigots.

The marriage issue has simply overridden so many more issues that we need to be addressing for our community such as our youth and their suicide problem and the growing number of LGBT seniors who need low income housing and support systems so they are not forced back into the closet.

We need to put more pressure on the Democrats to quit being so cowardly and pass the Employment Non-discrimination Act,. This measure will affect a majority of LGBT in this country where such protection has not been afforded to them by their state government.

Don't Ask, Don't Tell is important but again only affects a small number of LGBT people.

So on a national level of priorities I would place ENDA number one and something that must pass before next spring, and repeal of DOMA and DADT on down the line.

Here in Sacramento we need to enhance support of our Community Center which with its new board seem to be on a path of enlarging center services and making it even more vital to our community, but at this present timed it along with the Lavender Library and Lambda Players are struggling for survival. Such community institutions are valuable assets which should not be lost. Since its founding in 1986 the Center has been support for thousands of Sacramento residents many of whom went there ashamed and confused about their sexual orientation and left the Center feeling comfortable about their orientation and proud of who they were.

The Lavender Library provides us with a sense of our history and culture. It provides us with thousands of books most of which are written by LGBT authors that tell our stories as only LGBT authors can.

The Lambda Players give us the best of live LGBT theater. As they have moved into their new digs at 21st & J they deserve our support for bringing us the plays which reflect the comedies and tragedies of our lives.

On Friday Nov. 6, it was good to see about 90 people attend a fund-raiser for the National Gay and Lesbian Task Force, the oldest of our national institutions working to obtain our civil rights.

My friend Hans Johnson, newly elected Vice Co-Chair of the Task Force and new Sacramento resident Mario Guerrero and Task Force board member were co-hosts along with a number of locals of a lovely party which honored California State Controller John Chiang, Assembly Member John A. Perez and Kathy Kneer, Executive Director of Planned Parenthood Affiliates and clinics of California.

Controller Chiang has been a long time supporter of our LGBT community and expressed his deep feelings about discrimination.

Assembly Member Perez is the first openly LGBT person of color to be elected to

the California Legislature and has more many years been a force in Los Angles working for LGBT rights.

Kathy Kneer has been a LGBT ally. She has lobbied the legislature for almost every piece of LGBT friendly legislation for over 15 years. She has been the principle force in the state defending woman's health issues and right of choice. She has successfully led the fight to defeat the parental notification initiatives which have appeared three times on the ballot and she will be the leader to defeat the one the RRR hopes to put on the ballot in 2010 or 2012. She also warrens there will be an attempt to put on the ballot a measure which will define when life begins. Such a measure was placed on the ballot in Colorado last year and it was defeated.

This was a wonderful event and I hope we will see more of the Task Force's presence here in Sacramento in the future.

Don't forget the World AIDS Day Service December 1 at the Tower Theater, 6 pm, 16th and Broadway.

## HERE AND THERE

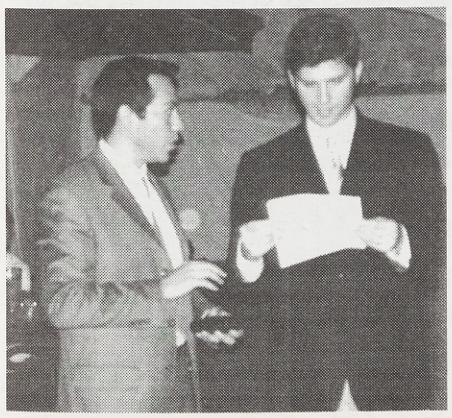
### EDITED BY JERRY SLOAN

Colorado Springs, CO: James Dobson has announced he will step down from his Focus on the Family broadcast at the end of February, 2010. Dobson is 73 years old and has been doing the broadcast for 32 years. At this point in time no successor as the host of the program has been announced.

Many of those who observe the RRR as a movement feel this will give Dobson more time to travel and personally engage in political activities on behalf of what he calls "the right" candidates for office.

Colorado Springs, CO: The Gazette reports, "As of Sept. 30, Focus had donated $98,500 to Stand for Marriage Maine, a coalition supporting an initiative on the Nov. 3 ballot to overturn the state Legislature's legalization of gay marriage. Efforts began in May to collect signatures to get the measure on the ballot ... The leading donor to Stand for Marriage Maine is the Roman Catholic Diocese of Portland, Maine, which has given nearly $390,000, Maine records show. Nonprofits like Focus and the Roman Catholic diocese are legally able to donate up to 15 percent of their annual budget to lobbying efforts."

Mixed Martial Arts: Dana White, president of the Ultimate Fighting Championship (UFC) commenting on the fact the organization



has openly gay fighters, "I honestly think it would have no impact whatsoever with not only our fighters or our fan base. The guys in the UFC, everybody is so cool, it's great sportsmanship, everybody has respect for each other. I honestly, it wouldn't be a big deal to me and most of the guys I know in this sport, it wouldn't be a big deal for them either."

He also acknowledged the sport has a large fan base of gay men.

Hampton Roads, VA: October 21, 2009 - The Navy is reprimanding and forcing the retirement of a chief petty officer who oversaw and perpetrated a string of abuses against a gay sailor and others in a military working dog unit in Bahrain, the Virginian Pilot is reporting today. After an investigation begun by Youth Radio prompted by an inquiry from Congress man Joe Sestak, the Navy conducted a review of complaints that Chief Petty Officer Michael Toussaint had harassed and abused Petty Officer 3rd Class Joseph Rocha and others, in part because of their sexual orientation. The incidents included forced simulation of homosexual acts, being fed dog food, and being hog-tied to a chair and rolled into a dog kennel full of feces.

As a result of the investigation, the Secretary of the Navy is issuing a letter of censure faulting Toussaint's actions. "The Navy's actions in reviewing Joseph Rocha's case show how important accountability is in the chain of command," said Dr. Aaron Belkin, director of the Palm Center at University of California, Santa Barbara. "The suffering of Rocha and others was exacerbated by the 'don't ask, don't tell' policy since it hampers the ability of abuse victims to hold leaders and perpetrators accountable. The results undermine discipline and order in the entire unit, not just for gays and lesbians."

The earlier investigation and Toussaint's subsequent promotion came to light this summer. Petty Officer 3rd Class Joseph Rocha, one of the sailors subjected to the abuse, later left the Navy after suffering from post-traumatic stress disorder related to the hazing. Rocha said he was often singled out for being gay after refusing to hire prostitutes. He eventually acknowledged being gay and left the Navy. He is now using his story to advocate for the repeal of the so-called Don't Ask, Don't Tell policy that prohibits openly gay men and women from serving in the military.

Minnesota: President Obama has nominated Minneapolis assistant chief of police and open lesbian, Sharon Lubinski, as Chief U.S. Marshall for Minnesota. She will be the first LGBT person to be appointed as a chief marshal. THis appointment requires the advice and consent of the U.S. Senate.

Sweden: The Synod of the Lutheran Church of Sweden has voted 176 to 73 to allow same sex couples to be married in the church. The ruling by the Synod, which has 251 delegates, puts Sweden among the first countries in the world to allow gays to marry in a major church. Individual ministers will still be free to not perform SSM ceremonies.

LA Times: October 23, carries a story of Evangelical pastors and churches through out Africa accusing young children of being witches and warlocks. These charges cause mental and physical abuse which sometimes leads to the child's death.

"The idea of witchcraft is hardly new, but it has taken on new life recently partly because of a rapid growth in evangelical Christianity. Campaigners against the practice say around 15,000 children have been accused in two of Nigeria's 36 states over the past decade and around 1,000 have been murdered. In the past month alone, three Nigerian children accused of witchcraft were killed and another three were set on fire . . . Nigeria is one of the heartlands of abuse, but hardly the only one: The United Nations Children's Fund says tens of thousands of children have been targeted throughout Africa."

http://www.latimes.com/news/nationworld/wire/sns-ap-af-nigeria-child-witches,0,5276725.story

Kampala, Uganda: The infamous proposed Anti-Homosexuality Act has been tabled until January, 2010. In some cases the death penalty would be applied for some acts of homosexuality and heavy prison sentences for others.

Toronto, Canada: Irina Fedotova and Irina Shipitko well known LGBT activists in Moscow were married in Toronto on October 23 by openly gay family court judge, Harvey Brownstone, and congratulated by Toronto Mayor David Miller. They were accompanied by attorney and LGBT activist Nicolai Alesseev. The women intend to return to Russia and have their Canadian marriage recognized by the Russian government something the government refused to do last May when they applied for a marriage license in Moscow.

Henderson, Nevada: The Las Vegas Review-Journal reports a pair of parents of Green Valley High School have gone to court to prohibit the drama department form present "Rent" and The Laramie Project" citing their objections to the plays and the "adult content" of both plays "their own kids are essentially excluded from participation in the school's theater program."

Cory Hilton, attorney for the parents, admits he has not read the scripts which are a "toned down" versions of the plays.

Izmir, Turkey: the Governor of the City of Izmir is demanding the closure of the Black Pink Triangle Association because it is "against the law and morality." Attempts have been made to shut down three other LGBT organizations, KAOS-GL (2005), Pembe Hayat (Pink Life, 2006) and Lambda Istanbul (2008).

In January 2009, the 7th Judicial Office of the Supreme Court of Appeals has overturned the ruling of Istanbul's 3rd Civil Court of First Instance, which had decided to close down the Lambda Istanbul Association for a "violation of general morals.

Michigan: The Corunna Board of Education ordered a display by the Corunna High School Diversity Club for Gay History Month featuring nine photos of LGBT athletes, politicians and educators to be taken down. After being contacted by the ACLU the school board rescinded the order.

Holland: Hope College affiliated with the Reformed Church of America has barred Dustin Lance Black, Oscar winning writer of the film "Milk," has been barred from participating in a roundtable discussion about gay rights because school officials say he

is "an advocate." He was to speak after a showing of "Milk." School officials felt such a discussion could hurt students on both sides of the issues so as to make them feel "hurt and marginalized." He will be allowed to speak in a film making class.

Lancaster, CA: Joseph David Ramon Moreaux, a clerk at the Family Christian Bookstore, has been charged with installing a video camera in the store's unisex bathroom where he could observe patrons using the facility.

Chicago, ILL: Laura Rickets, 42, a Lambda Legal board member, and her family have bought the Chicago Cubs for a reported $ 845 million. Ms. Ricketts has been out to her family for many years, lives with her partner and is the first known open LGBT person to own a major sports team. She will serve on the board of the Cubs along with her three brothers Pete, Todd and Tom who will serve as chair of the board.

Rush Limbaugh eat your heart out!

Durham, N.C.: The Raleigh News & Observer reports a study at Duke University has upset Father Joe Vetter, the director of the Duke Catholic Center, because he believes the study which asks young women over 18 to attend a one hour house party, fill out a questionnaire about sexual attitudes and practices, be given a gift bag and an opportunity to purchase sex toys at reduced rates promotes "promiscuity." The research is being done to see if the use of sex toys will reduce so-called promiscuity.

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# LGBT NON-PROFIT AND COMMUNITY SERVICE DIRECTORY


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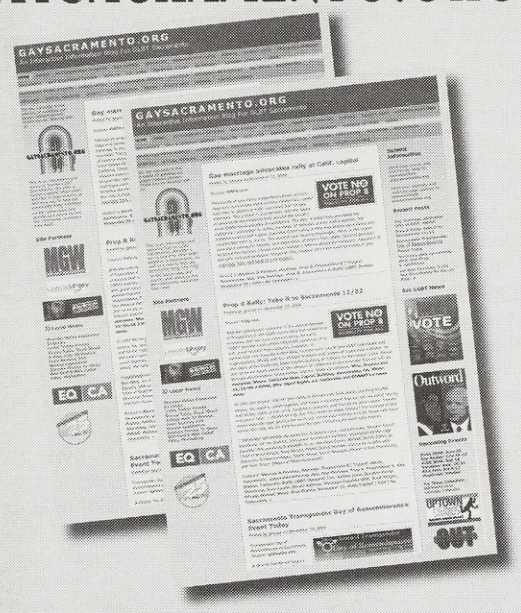

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### ACTIVISM

Equality Action NOW, 916.446.1082, equalityactionnow.org

### BARS

1099 Club: 1099 S. Virginia St. Reno NV, ten99club.com 775-329-1099

5-Star Saloon: 132 West St. Reno NV, 5starsaloon.com

Badlands Dance Bar: Mon - Sat 4pm to 2am, Sun 2pm to 2am, 2003 K St., 916.448.8790, sacbadlands.com

BoJangles: 18+, 1119 21st St. (Moving Next To Headhunters Soon)

Bolt Bar: Leather/Cowboy/Bear, Open 5pm-2am Mon - Fri, 2pm-2am Sat and Sun, 2560 Boxwood St., sacbolt.com

Brave Bull, 701 S 9th St., Modesto, 209-529-6712, thebravebull.com

Cadillac Lounge, 1114 E. Fourth St. Reno NV

Club 21: 1119 21st St.

Club Yamagata, 16225 Main Street Guerneville, clubyamagata.com, 707-869-9383

Depot Video Bar: 2001 K St., 916-441-6823, Mon - Fri 4pm - 2am, Sat and Sun 2pm - 2am, thedepot.net

FACES Nightclub: 2000 K St., 916-448-7798, faces.net

Mercantile Saloon: 1928 L St., 916.447-0792

Headhunters/ROK: Restaurant, Bar Service until 2am, 1930 K Street, headhuntersonk.com

Mustang Club, 413 7TH St, Modesto, 209-522-0393

Neutron Bar, 340 Kietzke Lane - Reno

Rainbow Cattle CO, 16220 Main St. Guerneville, queersteer.com, 707-869-0206

Russian River Resort (Triple R), 16390 4th St. Guerneville russianriverresort.com, 707-869-0691

The Patio: 600 West 5th St. Reno NV. 775-323-6565, thepatiobar.com

Tronix: 303 Kietzke Lane, Reno NV

### BUSINESS

Rainbow Chamber of Commerce: rainbowchamber.com

Rainbow Pages: vrp.info

### FAMILY

Camp it Up: campitup.org

Camp Lavender Hill: camplavenderhill.org

Lesbian Families: geocities.com/lesbianfamilies/index.html

PFLAG Sonora/Mother Lode Chapter: pflagsonora.org

Sacramento PFLAG: 916-978-0410, pflagsacramento.org

### FESTIVALS - EVENTS

Reno Gay Pride, renogaypride.com

Sacramento Pride: (June) sacramentopride.org

Rainbow Festival: rainbowfestival.com

Sac. International Gay & Lesbian Film Festival: siglff.org

Sac. Earth Day: (ECOS), 909 12th Street, Suite 100, 916-444-0022, sacramentoearthday.net

Sonoma County Pride. Guerneville

### GALLERIES

Crocker Art Museum: crockerartmuseum.org

Kennedy Gallery: mmkgallery.com

### HIV | AIDS

Anonymous HIV Testing Services: Harm reduction Services, 3647 40th St., Wednesdays 8am - 5pm; 916-875-6022

Breaking Barriers: 200 21st St., 916-447-2437, admin@bbcsc.org, breakingbarriers.org

Capital City AIDS Fund: capcityaidsfund.org

CARES: 1500 21st St., 916-443-3299, caresclinic.org

Face to Face - Sonoma Co. AIDS Network www.f2f.org 707-544-1581

Golden Rule Services: 4433 Florin Road, Suite 760. 916-427-GOLD, goldenrules.info

NorCal AIDS Challenge: norcalaidschallenge.net

Northern Nevada H.O.P.E.S., P.O. Box 6420, Reno NV. nnhopes.org, 888-467-3144

Sacramento Valley AIDS Run/Walk: 916-448-1110, sacvalleyaidsrunwalk.org

Sac. Valley Pozabilities: sacvalleypozabilities@yahoo.com, PO Box 161871, Sacramento, CA 95816-1871

Sierra Hope: Sierra HOPE, 1168 Booster Way, P.O. Box 159, Angels Camp, CA, 95222, 209.736.6792, sierrahope.org

Sunburst Projects: 1025 19th Street, Suite 1A, 916-440-0889, sunburstprojects.org

### IMPERIAL COURT

Court Of The Great Northwestern Imperial Empire (CGNIE): myspace.com/cgnie

### LAW | POLITICS

California Communities United Institute calcomui.org

Central Valley Stonewall Democratic Club: cvstonewall.org

California Capital Political Action Committee (CAP/PAC): cappac.net

# SERVICE DIRECTORY

Green Party of Sacramento County: P.O. Box 2082, Sacramento, CA 95812, 916-484-4000, sacgreens.org

Libertarian Party of Sac.: P.O. Box 3003, Orangevale, CA 95662, lpsacramento.com

Log Cabin Republicans: logcabin.org/logcabinca/sacramento_chapter.html

SAC Legal: saclegal.org

Stonewall Democrats of Sac.: P O Box 161623 Sacramento, CA 95816-1623, 916-441-1787, sacstonewall.org

### NEW MEDIA

Being Gay Today: Comcast Cable. Access Sac, channel 17. Thurs. 10pm, Now on myspace and youtube. beinggaytoday.com

Checkered Nation Video Show: checkerednation.com

Transponder Radio: trans-ponder.com

### PERFORMANCE

A Small Difference Women's Choral Ensemble: smalldifference.org

Sac. Gay Men's Chorus: sgmchorus.org

Sacramento DanceSport: sacdancesport.com

True Colors Women's Chorus: 877-758-7827, truecolorschorus.org

### RELIGION - SPIRITUALITY

A Church For All: 721 North B Street, Sacramento, CA, 95816-2073, 916-502-5603, spirit@achurchforall.org. achurchforall.org

Atheists and Other Freethinkers: aofonline.org

Atonement Lutheran: at-one.org

Grove of the Oak: groveoftheoak.org

Lutheran Church of Our Redeemer: lcorsac.org

Pioneer Congregational Church: 2700 L Street, 916-443-3727, uccwebsites.net/pioneercongsacramentoca.html

Sacramento Friends Meeting (Quaker) 890 57th St, Sacramento., 916-457-3998 sacfriendsmtg.org

St. Mark's United Methodist Church: stmarksumc.com

St. Paul's Episcopal Church: 1430 J Street, 916.446.2620, stpaulssacramento.org

Trinity Episcopal Cathedral: 2620 Capitol Ave., 916-446-2513, trinitycathedral.org

Valley Ministries: 4118 Coronado Ave, Stockton. 209-464-5244, valleyministries.com

### RESOURCES

Amador County LGBTQQ Support Group: 209-223-6412

GaySacramento.org

Lavender Library: lavenderlibrary.org

yourgayreno.com

outsacramento.com

Diversity R Us: groups.yahoo.com/group/diversityrus

Foothill Lesbians and Gays Social Network (FLAG): flagamador.webs.com

Gaysonoma.com: gaysonoma.com

"If The Shoe Fits": itsfnews.org

Nevada County Pride: nevadacountypride.org

Out In The Mother Lode: outinthemotherlode.org

Rainbow Frontier: 1-800-801-6330 or 530-283-6358, rainbowfrontier.org

Sac. Gay & Lesbian Center: saccenter.org

Sierra Gay Men's Network: sgmn.org

Solano Pride Center: 1125 Missouri St., Ste. 203-D, Fairfield, CA 94533, 707-427-2356, solanopride.org

Stanislaus Pride Center: stanpride.org

Stonewall Alliance of Chico: stonewallchico.org

### SENIORS

Senior Gays: SeniorGays.org

Prime Timers of Sacramento: PrimeTimersSac@comcast.net at 916-647-9587.

### SOCIAL GROUPS

Capital City Squares: iagsdc.org/capitalcity

High Sierra Primetimers, 1730 Aquila Dr. Reno, 775-324-6785

Males Au Naturel Sacramento (MANS) - groups.yahoo.com/group/malesaunaturelsacramento

Natomas LGBTQ: natomaslgbtq.wordpress.com

Sac Woof Society: sacwoofsociety.net

Gay Men's Book Group: groups.yahoo.com/group/sacgaybookgroup
Pink Pistols - pinkpistols.org/local/sacramento

Sacramento Professional Men's Group: groups.yahoo.com/group/SacramentoProfessionalMensGroup

Sac. Valley Bears: sacvalleybears.org

Sac. Valley Knights: valleyknights.org

Sac. Valley LeatherCorps: svlclub.org

Western Slope Men's Social Group: groups.yahoo.com/group/WesternSlopeMensSocialGroup

Yuba-Sutter Unity: gayyubasutter.com, groups.yahoo.com/group/Yuba-Sutter-Unity

### SPORTS

CHEER Sacramento: cheersacramento.org

Frontrunners of Sacramento: frsac.org

Gay & Lesbian Sierrans: motherlode.sierraclub.org/gls

Gay Sport Bike Riders of Sacramento autos.groups.yahoo.com/group/SAC_GSR

River City Bowlers: rivercitybowlers.homestead.com/about.html

Sac. Capital Crossroads Gay Rodeo Association (SCCGRA): capitalcrossroads.org

Sacred City Derby Girls (SCDG): sacredcityderbygirls.com

### THEATRE | FILM

Lambda Players: 1114 20th St., 916-444-8229, lambdaplayers.com

24th Street Theatre: Sierra 2 Center, 2791 24th Street, 916-452-3005, sierra2.org

Capital Stage: Delta King: 1000 Front Street, www.capstage.org

Mondavi Center: 530-754-ARTS, One Shields Ave. Davis, mondaviarts.org

Shiny Object: 600 4th St. West Sacramento, shiny-object.com

The Crest Theatre: 1013 K St., 916-44-CREST. thecrest.com

### TRANS SUPPORT

Sac. Gay & Lesbian Center Trans Support: 916-442-0185, Ext. 102. 1927 L St., saccenter.org

Kings of Drag: kingsofdrag.com

Sac. Gender Alliance: 916-442-0185, Ext. 141, saccenter.org

Sigma Delta Gamma "Sac. Delta Girls": 916-359-2328, geocities.com/Sigma_Delta_Gamma

Transgender Law Center: 870 Market St., Room 823, San Francisco, 415-865-0176, transgenderlawcenter.org

Sacramento FTM Support Group, Lavendar Library located at 1414 21st St. Sacramento, lavenderlibrary.org

Sacramento Transgender Coalition: sactgc.org

Trans Families Sacramento: transfamilies@sactgc.org

River City Gems: info@rivercitygems.org

Sutter Gender Identity Support Group Meets on the third Saturday of every month at 6:30 p.m. at the Sutter General Hospital, 2nd floor Conference Room C, 2801 L St, Sacramento.

Sacramento Trans Youth: sacTyouth-owner@yahoogroups.com

Colage: 1550 Bryant Street, Suite 830, San Francisco, 415-851-KIDS, colage@colage.org

Our Family Coalition: 870 Market Street, Stuite 872, San Francisco, 415-981-1960, info@ourfamily.org

TransGender San Francisco (TGSF): 415-839-9448, transgendersanfrancisco@yahoo.com

Trans:Thrive: 815 Hyde Street, 2nd Floor, San Francisco, 415-409-4101

### WOMEN

Adventure Out Women: adventureoutwomen.com

Lesbian Cancer Support: Meets third Monday of each month at 6:30pm. ROXANNE1040@aol.com

Sac NOW: sacnow.org

Sacto Girls: members.aol.com/sactogirls/index.html

Sisters of Scota Foothills Chapter: soswmcfoothills.org

Sisters of Scota Women's Motorcycle Club (SOSWMC): SOSWMC@hotmail.com, soswmc.org

Sac. Area Lesbian Health Resource Guide: saclesbianhealth.com

Women On Wednesdays: saccenter.org

### YOUTH

CSUS Pride Center: Lassen Hall 3011, 6000 J Street, 916.278.8720, Email: pride@csus.edu, csus.edu/pride

Delta Lambda Phi: dlp.org/iota/DLP.htm

Lambda Delta Lambda: ldlucdavis.org/about.htm

Modesto LGBTQ Youth: myspace.com/lgbtqmodesto

Rainbow Club Of American River College: geocities.com/arc_LGBTqclub

Queer Straight Alliance CSUS: myspace.com/queerstraightalliance

RESPECT Sacramento: RespectSacramento.org


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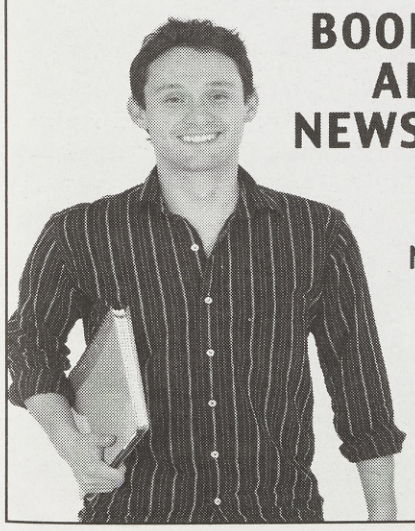

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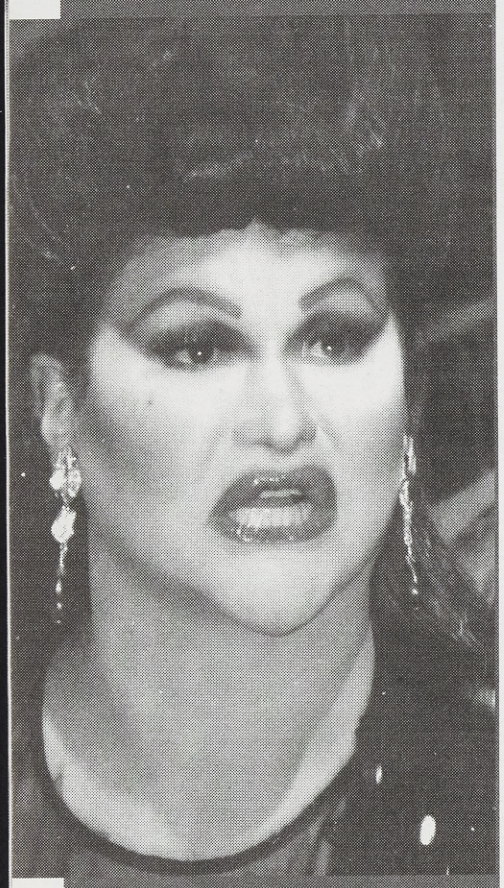
NEW EXPANDED HOURS!

THURSDAY: 4:30PM - 8PM
FRIDAY: 4:30PM - 8PM
SATURDAY: NOON - 6PM
SUNDAY: NOON - 6PM



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**The Last Word**

MYSPACE.COM/
MIZZMONIQUEMOORE

October is finally over and the Halloween decorations are put away and the Thanksgiving decorations are up. My October came to a sour close when my friend Foxy, drag-son JP and I went to my favorite Chinese buffet restaurant near Arden Mall.

There were two waitresses sitting behind Foxy, who is a gorgeous "big-boned" African-American transsexual, and these ladies made it very obvious they were laughing at her. It seemed they didn't speak English, but I still asked if one of them had a camera as pictures last longer.

Later one of them brought some water to fill our glasses — I passed on mine — and she left the pitcher on the table. As Foxy started to drink hers, the waitress snuck a glance back around the corner as if to see if we were drinking the water. I told the others I thought the waitresses may have spit in the water, but not in time for Foxy to have taken a mouthful which she quickly spit out all over the table.

The manager wasn't in but the woman in charge confronted the waitress who burst into laughter in Foxy's face. Needless to say we refused to pay the bill and reported the restaurant. I am sort of bummed because that was my favorite buffet, but I'll be damned if I'm going to allow myself and my loved ones to be discriminated against.

On a brighter note, Halloween was totally awesome this year! I gave out candy to Trick-or-Treaters until it was time for me to get painted. I didn't dress up as Wonder Woman or Mommie Dearest, but instead went as Cleopatra. I decided that since I was a queen, that I wanted to be her because her outfits were so elaborate and colorful. I stayed up sewing and hot gluing until about 6 a.m. the night before to make sure that my costume was fierce — and it was.

I went to FACES to find a packed house — hundreds and hundreds of people dressed up in fabulous costumes. It was great to see my mother "Large Marge" dressed as Glenda from *Wizard Of Oz* emceeing the costume contest. The theme of the FACES party was The Wizard

of Oz and all of the employees were dressed in theme. It was packed and people were pushing their way through the hallways and throughout the club.

I left the club around 12:30 a.m. because of a massive headache I had from the heavy headpiece. I totally forgot it was turn back time night and I was at home eating the hours away with some fried chicken and sauced-up wings. Sunday was the Halloween Dragalicious show which I host every Sunday night at 9 p.m. The show was awesome — all of the girls came out in costumes that went with the theme of their songs. I did "Queen of The Night" in my Cleopatra outfit and I also did a monologue performance to *Mommie Dearest* (pictured) which the audience went crazy for. It was great to do something that the audience has never seen before — acting out the closet and board room scenes from the movie with props.

Foxy did a Missy Elliot song in a coat with a hood (which I sewed) made out of Heavy Duty garbage bags. Mahale dressed as Dorothy and did "Over The Rainbow". Kima wore a maid outfit and performed to "I Don't Want To Lose Your Love". All of the performers were on their A-game that night! Plus, my drag-son Spade Moore celebrated his 35th birthday that night along with three people in the audience.

Make sure to come out to Dragalicious and catch me and my girls workin' it for you every Sunday night at 9 p.m. We are learning new opening production numbers and changing the show a bit, as well as welcoming a few new cast members to our show — one of them being Miss Valentina.

This past week a few friends took me to see the movie "This is It" about Michael Jackson.I will be honest, save your money until it comes out on DVD. I fell asleep watching it and was even snoring in the theater. (Laughs) Sorry it bored the hell out of me, but he was amazing in what I did stay up to watch.

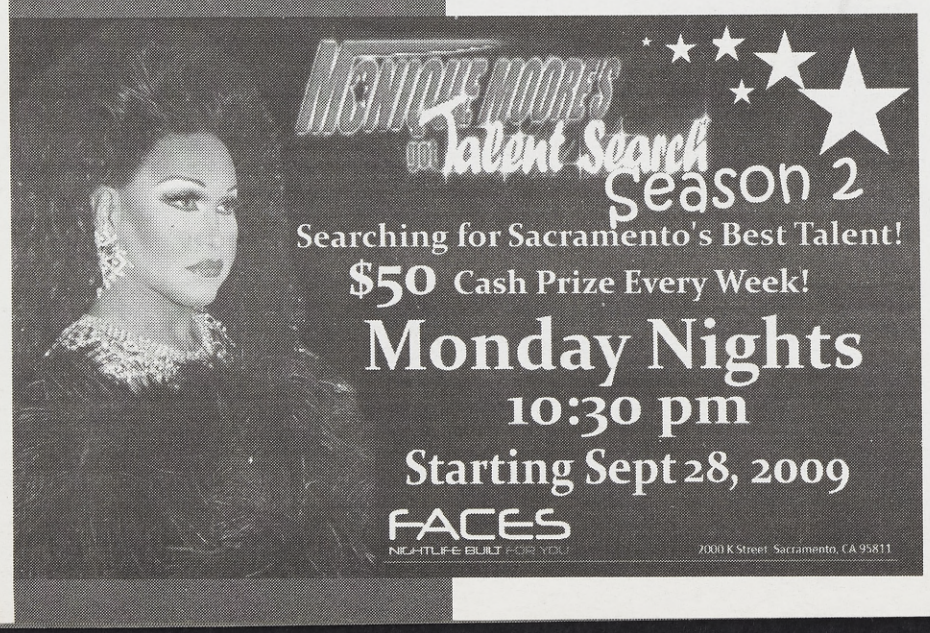
It wasn't a movie, it was a documentary and had behind scenes of him and his dancers getting ready and rehearsing for his last tour. He had so much energy it was unbelievable and could move like he was still a teenager.

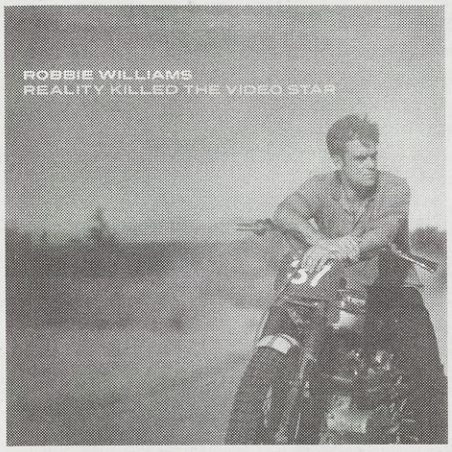
I am so excited about this upcoming week. I was asked by a nice man who comes to Dragalicious to perform at a 50th birthday party (with pay of course) and I am totally stoked to be performing as Tina Turner at this gala birthday event. I am also performing in Bakersfield on the Weds., Thurs. and Fri. of the week before Thanksgiving, in my drag-daughter Candy's show. I am so stoked to be taking a mini-week getaway out of Sacramento, even if it is only four hours away.

I will be spending Thankgiving at my house instead of driving to my parents house. I decided to stay here because I would have been up in that area for a whole week, then have to come home just to drive back three days later. So, I will be going to the Thanksgiving Day feast at FACES that is held every year to feed those who don't have anywhere to go. The Imperial Court of Sacramento will be heading that event, so make sure to go and get some good grub. Have a happy and safe Thanksgiving and don't get too stuffed — like the turkey.

I'm off to watch a DVD of the movie *Orphan* that I rented from a Red Box machine. Remember to live life to the fullest every day, because you never know when your time might come — and always make your haters your motivators.

*This is Mizz Monique Moore always getting in "The Last Word".*






## ROBBIE WILLIAMS

Robbie Williams will release his new album Reality Killed The Video Star on Astralwerks on November 17. The CD version will be enhanced and will allow the user access to exclusive bonus content when the disc is inserted into a computer. It will also be released digitally on November 10.

The single "Bodies" was released digitally on October 13 and available in 2 special mixes – the Body Double Remix (Trevor Horn), and the Fred Falke Full Length Remix.

The album was produced by Trevor Horn (Paul McCartney, Seal, Pet Shop Boys, Cher) and features twelve brand new tracks (plus one reprise).

Reality Killed The Video Star was mostly written in Robbie's home studio and was recorded in London. Among those who collaborated in the songwriting are Danny Spencer & Kelvin Andrews, Brandon Christy, Craig Russo, Richard Spencer and Scott Rudin, Chaz Jankel, Guy Chambers and Fil Eisler.

Of the legendary Trevor Horn's production, Robbie says; "He's added something to the record that I haven't had on previous records – his genius".

Continuing to talk about the album, Robbie says; "I want people to feel elated, I want them to dance, I want them to forget about who they are and where they are for 50 minutes – and, within those 50 minutes of forgetting who they are, I also hope people relate to the songs. This is a record that I'm very proud of – I think it's fucking brilliant. I want it to be the record that, if people think of Robbie Williams, they go, "Yeah, Reality Killed The Video Star".

For more info on Robbie Williams, please visit www.robbiewilliams.com

## KELLY KING

Recording Artist Kelly King officially takes control of her career and brings it to a whole new level with the release of her new CD "The Real Definition: The Workin' Girl Remixes." The album features new single "Workin' Girl" with 8 dance mixes for the clubs by famed producers and DJs Twisted Dee, Bob Rosa, Vibelicious and Jonathan Mendelsohn as well as the two bonus tracks "Alright" from the forthcoming 2010 album and "I Don't Wanna Sing That Song," the Billboard AC chart topping ballad from debut album "Live The Dream."

Kelly has been under the umbrella of major music industry heads up until this point. Now she is doing it her way and celebrating the new model in today's ever changing economy and methods to receive music. Getting to this point in the music industry can only come with talent, passion and fierce determination. "I wanted to make an album on my terms, with a team that I hand-picked, as a huge thank you to my hard core fans and for the clubs who helped pave the way for me when I was starting out in open-mics and contests all over New York City. This new album is directly from me to you, " Kelly says.

On that note, this new album is only a teaser of what's to come in 2010. "Just wait. We have a lot of things in the works. I am very excited about what's to come," Kelly says, hinting of a new album, pending video premiere for the new single, a club tour and another Pride Festival tour next summer.

Kelly King, born in Atlanta, GA and raised in Nashville, TN, got a jumpstart on her career as a child prodigy at age 10, and has been performing professionally ever since. Kelly's roots are in Nashville where she was exposed to many talented writers, musicians and artists. At an early age, she was singing on children's records and even had her own TV Show on Fox.

As a teen-ager Kelly sang back-up with greats The Reverend Al Green, Rocking Around the Christmas Tree's' Brenda Lee, country greats Vince Gill and Blackhawk, and Christian Artist Carmen. Kelly has also had the privilege of working with many other talents including Amy Grant, Al Green, Dolly Parton, Sylvester Stallone and Van Stevenson. Once Kelly decided to move to New York, during which time she performed in many Off-Broadway Shows and sang with the Duke Ellington Orchestra at the legendary venue Birdland, her career truly started taking shape.

In 2007 Kelly King confirmed her talent, combining her own Southern roots, 5 1/2-octave range and R&B /Pop in her debut album "Live The Dream." The result equaled the core what Kelly King is - pure soul. The album, released independently and recorded with Grammy Award Winning Producer Charlie Callelo and Emmy Award Winning Team Hitplay (JOJOHO & Sean Petersen) produced a Top 25 Billboard Pop Hit "I Don't Wanna Sing That Song" on the Adult Contemporary Charts which instantly placed Kelly on the map.

Word of mouth and a promo radio tour across 23 states made this possible and led to opportunities as mentioned, opening for legendary artists including Kenny 'Babyface' Edmonds and Michael Bolton. There Kelly King, Southern gal and new independent artist, was listed alongside Enrique Iglesias and Faith Hill on the world's most prestigious recording chart. As if this were not enough, Kelly followed up with a special Holiday song called "That Time Of Year" which also through word of mouth and independently reached the Top 30 on the Billboard Charts.

Around this time, Kelly also became a huge hit within the LGBT community through performing at many venues in Chelsea, Hell's Kitchen and the West Village and performing for Pride Events not only in NYC but also at festivals touring with well known Award Winning Out Pop star Ari Gold. In 2009, Kelly headlined her own Pride tour throughout part of the US and Europe. Kelly credits much of her success by being nurtured by friends and fans within the gay community. Kelly has given back since with her passion for human rights and also performing for many events including the Human Rights Campaign's Gala in Dallas.

**Robbie Williams**
**Reality Killed The Video Star**
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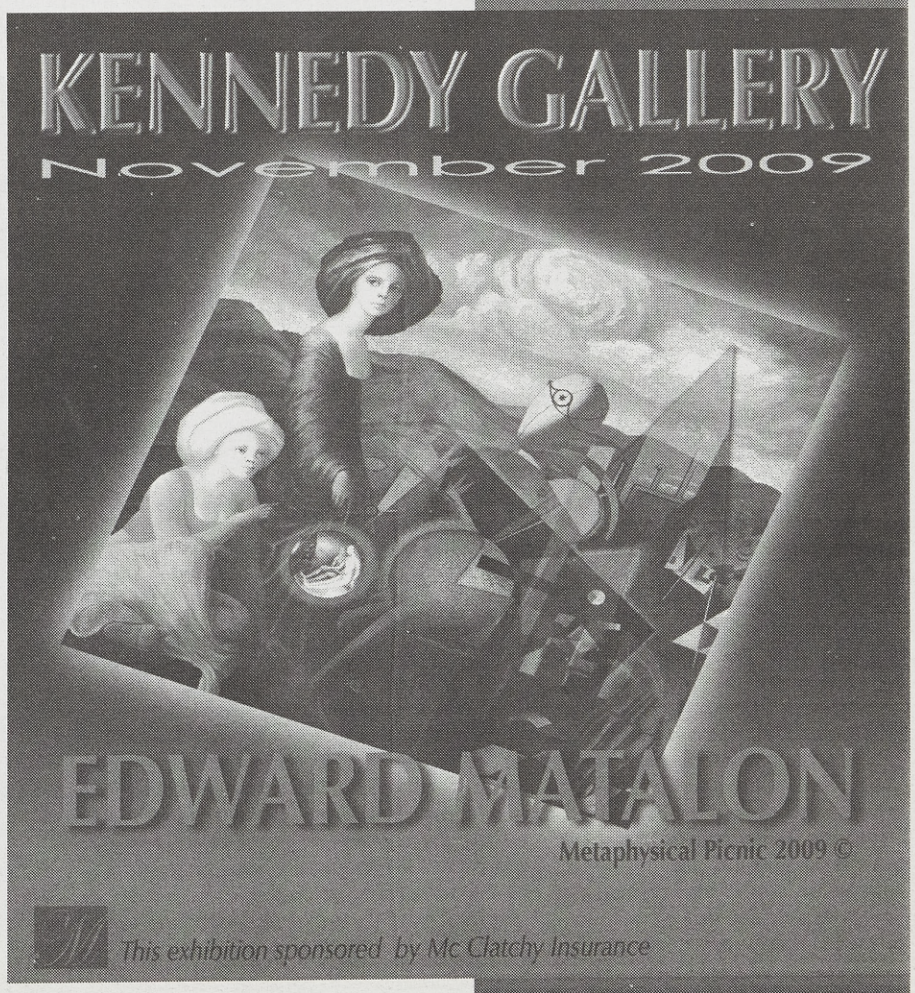
**Kelly King**
**The Workin' Girl Remixes**



# Where Real Men Go To Party

### CIGAR NIGHT
Thurs., Nov. 19, 2009

Check out CIGAR NIGHT at The BOLT! Bring your favorite stogies for smoking and trading on the patio! We'll have SMOKE SHOP INFO and DRINK SPECIALS on bourbon and Scotch! The party's from 7pm to close! NO COVER!

### THANKSGIVING
Thurs., Nov. 26, 2009

Tired of sitting at the kids' table? Can't face another year of mom's dry turkey and lumpy gravy? Join us at the BOLT for a delicious, complimentary thanksgiving dinner with trimmings! The doors open at 2pm! No cover!

### LEATHER TRIBE APPRECIATION & LOCKDOWN PARTY
Sat,, Nov, 28, 2009

Join DAVE - MR. BOLT LEATHER 2010 for a celebration of the LEATHER TRIBE! We'll have a SILHOUETTE CONTEST and $8 BEER/SODA BUST from 9pm to midnight to benefit the MR. BOLT LEATHER travel fund! NO COVER!

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